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HALIFAX • TUESDAY, NOVEMBER 10, 2009 metro

Remembrance Day

Metro will not publish Nov. 11. The next edition will appear Thursday.



Celebrity pg 30



Travolta speaks about son's death

Man charged in two north end robberies

CHARGES Halifax Regional Police have arrested a 53-year-old Dartmouth man in connection with robberies of two North End Halifax businesses.

At 10 a.m. on Nov. 5, a man entered the Propeller Brewery on Gottingen Street and demanded cash from staff. He proceeded to flee on foot.

On Nov. 7 just after 11 a.m., a man entered Pretty Things Boutique on Cunard Street and demanded cash, again fleeing on foot.

No weapon was used in either incident, but police say the man indicated he had one.

Police arrested a suspect, whose name has not been released pending a court date, at a Nivens Avenue residence yesterday.

METRO HALIFAX

News on the Move

What's this barcode for?
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Local pg 3

Tories reclaim seat in N.S. byelection

Health pg 24

Stay fit in winter weather



On the web
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Dalhousie

Capering to victory



RYAN TAPLIN/METRO HALIFAX

Cape Breton University's Gregg Whiting collides with University of P.E.I. defender Danny Hill during the AUS men's championship game at Dalhousie's Wickwire Field yesterday morning. Keishan Bean scored in overtime to lead the Capers to a 2-1 victory.

Another N.S. victim

H1N1 claims woman in 50s

MONIQUE MUISE
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Flu Outbreak

The H1N1 virus has claimed a second victim in Nova Scotia.

The province's chief medical officer, Dr. Robert Strang, confirmed yesterday that a woman in her 50s died Friday after being hospitalized for several days. Strang said the woman lived in the Guysborough-Antigonish-Strait health district, but would not release any further details about her identity.

"She had underlying chronic conditions which were exacerbated by H1N1, and that unfortunately led to her death," Strang said. "I have said many times that H1N1 and seasonal influenza are serious diseases and unfortunately … we expect to see more deaths from H1N1 as this pandemic plays out."

Annette Sampson of Richmond County was the first Nova Scotian casualty of the virus back in July. Sampson was also in her 50s, but Strang maintained yesterday that the province's decision to so far vaccinate only young children, pregnant women, health-care workers and First Nations was the right call. "We have to look at the epidemiology across the country," he explained. "We could actually make the wrong decisions based on one or two cases."

Strang acknowledged that people under 65 with chronic health conditions are considered a high-risk group, but said the sheer number of Nova Scotians in that category meant it was impossible to make the shot available to them over the past two weeks.

"If we had more vaccine, then absolutely we'd open it up to those adults," he said. "They're among the next groups that we want to get in to be immunized."

Strang said his team would meet to determine when the vaccine arriving this week will go out to clinics, and when more groups can become eligible for the shot.

MORE COVERAGE, PAGE 2

Health authority worker fired after 'irregularities' found

PAUL MCLEOD
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An employee has been fired after "significant accounting irregularities" were found in the books of three Nova Scotia district health authorities.

The Annapolis Valley Health Authority, which also handles payroll and banking for South Shore Health and South West Health, discovered the problem during a routine check.

"One of our staff detected something that didn't quite look right," said Annapolis Health CEO Janet Knox.

Officials conducted an investigation and discovered "inappropriate use of funds" that affected all three districts.

As a result of the investigation, one Annapolis Health employee was dismissed, said Knox. Criminal charges are also a possibility.

"We immediately contacted the Kentville Police Services and they are doing an investigation as we speak," said Knox.

The three DHAs also want to conduct their own investigation and have already gone to an external group to complete a forensic audit of their books.

Knox said she can't give any information on the scope of the money involved until the audit and police investigation are complete.

"I'm very, very disappointed that this would happen. Our staff work very hard to do the right thing and when someone interferes with that trust it's very hard for all of them and the entire organization," she said.

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Local

Blood services holding special drive

Canadian Blood Services is marking Remembrance Day with a special donation drive this year. Organized blood donation in Canada began in the Second World War when hundreds of thousands of people turned out to donate to the troops. Blood Services is hoping people will drop by their clinic at 1940 Gottingen St. to donate some red tomorrow. The blood could even be sent overseas, as Canadian Blood Services is sometimes asked by the Canadian Forces to stock military hospitals in places like Afghanistan. METRO HALIFAX

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
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Plaskett brings home 4 awards for triple-disc Three

MUSIC Local indie rocker Joel Plaskett was undoubtedly the big winner at last weekend's Music Nova Scotia Awards.

The Halifax-based performer took home four major trophies for his three-disc set Three, including Pop/Rock Artist Recording, Male Artist Recording, SOCAN Songwriter of the Year and Album of the Year.

The album, divided into themes of departure, solitude and coming home, was released in March to wide critical acclaim.

METRO HALIFAX

Spill blow to salmon: Expert

Oil leak into Little Sackville expected to have long-term effects

ALEX BOUTILIER
for Metro Halifax

The Little Sackville River oil spill came at the worst possible time for wildlife in the area, says one local group.

Walter Regan, president of the Sackville Rivers Association, said Sunday's spill would be a blow to the already threatened Atlantic salmon.

"This is a spawning time for Atlantic salmon, and since the (Department of Fisheries and Oceans) in Ottawa cut off the stocking program, the river lives on natural production," he said. "So every time we lose Atlantic salmon eggs or nests, it has a really negative effect."

Regan said the population generally thrives if water quality is good, but now the fish will detect the oil and leave the area for clearer waters.

Police believe someone deliberately sliced the line on an outdoor fuel tank behind Buddy's Billiards in Lower Sackville, causing several hundred litres of furnace oil to seep into the nearby river.



RYAN TARLIN/METRO HALIFAX

Wil Brunner from the Sackville Rivers Association takes a water sample yesterday from the Little Sackville River. The association is concerned about the condition of the water after vandals cut an oil tank line behind a Sackville Drive business and caused some of the oil to spill into the nearby river.

Members of the Sackville Rivers Association were on site at the Little Sackville River yesterday, collecting water samples and assessing the damage.

"We're here today checking for long-term effects and unfortunately we're finding some," said Regan. "The regulator did a great job on the cleanup, but unfortunately the oil is still leaking into the river."

Regan expressed frustration at whoever sliced the line.

"What a slap in the face for the 200-plus people who spend countless hours restoring the river," he said. "It's bad enough when a tank rusts out and we have an oil spill. This is preventable 100 per cent. I hope the police have a successful prosecution."

Regan said his organization will continue to monitor the river's condition, identifying and reporting problem areas to regulators. But he added that there are some negative consequences, including salmon leaving the area, which may not be detected for several weeks.

N.B. boy in fair condition after transfer to IWK

Flu Outbreak

HEALTH A six-year-old boy with severe H1N1 symptoms who was transferred from a New Brunswick hospital to the IWK Health Centre was listed in fair condition yesterday.

The province's chief public health officer Dr. Robert Strang confirmed that the child had been admitted to hospital in Moncton over the weekend, but his condition deteriorated and he was airlifted to Halifax.

Strang said that as far as he knows, it's the first time a child has been transferred from another province to the IWK as a result of the H1N1 virus.

Heather Wise, a spokesperson for the IWK, said it is part of the hospital's mandate to admit children from throughout the Maritimes.

"The IWK provides highly specialized care … and we serve Nova Scotia, New Brunswick and P.E.I., so that's why sometimes we have patients transferred here," Wise said.

MONIQUE MUISE/METRO HALIFAX

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What's online today.



Blogs Fashion columnist Kenya Hunt picks a surprise contender for shoe of the season

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Colour-coded H1N1 chart simplifies decisions for patients

Flu Outbreak

Nova Scotia has become the latest province to introduce a simplified, colour-coded chart to help people recognize symptoms of swine flu and make decisions about when and where to get help.

The chart is now available on the Department of Health's website, and will also be printed in newspapers and distributed to various clinics and doctors' offices throughout the province, said Dr. Brendan Carr, vice-president of medicine with the Capital District Health Authority..

Available online

- www.gov.ns.ca/hpp/publications/Influenza-Decision-Chart.pdf

It includes four levels of symptoms — ranging from a green level categorized by things like a runny nose and no fever, all the way up to a red level including a high temperature lasting three or more days and severe chest pain.

Each level has a corresponding "decision," which Carr said will help people to determine if they should simply stay home and self-medicate, or seek medical assistance.

According to Carr, the two assessment clinics in Halifax and Dartmouth each saw around 500 people a day last week. On average, he said, five to 10 people a day were referred to secondary treatment facilities.

MONIQUE MUISE/METRO HALIFAX

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Mother hits son with vehicle
Police say a three-year-old Nova Scotia boy has been taken to hospital with head injuries after he was hit by a vehicle driven by his mother. The incident yesterday afternoon occurred when the woman was backing up in a driveway in Bangs Falls, Queens County. THE CANADIAN PRESS

Green party does some retooling

New leader Percy sets ambitious goal of 10 per cent vote share

ALEX BOUTILIER
for Metro Halifax

Nova Scotia's Green party has had a complete changing of the guard, according to their newly elected leader John Percy.

Percy won the top spot at the provincial Green's October AGM, boasting 93 per cent of the vote over Sebastian Ronin. But according to Percy, the leader position is not the only change within the party.

"We don't only have new leadership, we have a whole new executive as well," he said. "Every position has changed, we have enthusiastic people who realized that we came very close to the brink last year, and we don't want to repeat that."

The Greens came close to being deregistered as a party this summer when they missed several deadlines to file donor information and candidate expenses. Former Green leader Ryan Watson announced his resignation shortly afterwards.

Watson was also embarrassed by revelations he travelled to campaign stops during the election in a 2007 Cadillac SRX.

The party received 2.3 per cent of the vote in this year's provincial election, unchanged from 2006.

Percy has set the ambitious goals of winning 10 per cent of the vote in the next election, as well as quadrupling Green party membership within the next three and a half years.

He also said the NDP's majority victory in June is an asset to the Greens, because it gives the party time to regroup.

"This is going to give our party plenty of time to build," he said.

Percy acknowledged the NDP have traditionally been associated with environmental concerns, but he implied the NDP have been moving away from their left wing faction.

"If the NDP was really serious about the environment, more than likely (Halifax Chebucto MLA) Howard Epstein would be our environment minister at this point," he added. "The fact that he was basically shunted aside, I think, speaks volumes."


RYAN TAPLIN/METRO HALIFAX

John Percy, the new leader of the provincial Green Party, has set the ambitious goal of 10 per cent of the vote in the next election.

"If the NDP was really serious about the environment, more than likely (Halifax Chebucto MLA) Howard Epstein would be our environment minister at this point."
Green party Leader John Percy

Austin optimistic, despite election loss

BYELECTION Despite failing to beat Conservative Scott Armstrong, Mark Austin remains optimistic his party's fortunes will improve the next time voters go to the polls..

"We're very pleased with the number of votes we did get and the amount of votes we did get across the riding," the New Democratic Party candidate said from his Truro campaign headquarters after Armstrong was elected as the new MP for Cumberland-Colchester-Musquodoboit Valley.

Austin said the lower voter turnout played a part in the election as did the rhetoric from the Conservative party regarding infrastructure and stimulus funding. Still, he remains undeterred and plans for the next campaign as soon as possible.

"I'm just getting started. I love meeting new people," he said. "I wasn't well known when this started, but I'm looking forward to building on this and creating more opportunities."

While Liberal candidate Jim Burrows finished third in the voting, he said he was happy to increase the party's percentage of votes.

Despite running an aggressive campaign, the leader of the Christian Heritage Party, Jim Hnatiuk was unable to woo enough voters, finishing a distant fifth behind Jason Blanch of the Green party.

AMHERST DAILY NEWS

Armstrong reclaims Tory bastion

BYELECTION Cumberland Colchester-Musquodoboit Valley's rebellious side was short lived.

Voters sent lifelong Tory Scott Armstrong to Ottawa with a commanding victory in yesterday's byelection. The Conservatives or Progressive Conservatives have won 16 of the past 18 elections in the riding.

"I want to welcome the Conservative party back home," Armstrong told party faithful in Truro last night after supporters cheered his name and piped him into the golf club.

"Regardless of whatever political affiliation or who they chose to support, we are one riding, we are one population, we're going to move this riding forward together in a positive direction."


JASON MALONEY/TRANSCONTINENTAL MEDIA

Scott Armstrong, right, and his girlfriend Tammy Stewart enter the Truro Golf Club last night after Armstrong was elected as the new member of Parliament for Cumberland-Colchester Musquodoboit-Valley.

A year ago, a large portion of staunch Tory supporters, including Armstrong, supported Independent Bill Casey and voted against the Conservatives. With Casey off the ballot many of the Casey votes returned to the Conservative fold. It was what many considered the "big unknown" heading into today's votes.

TRURO DAILY NEWS

Journos to open debate

AFGHANISTAN Two of the biggest names in Canadian journalism will debate the country's continued presence in Afghanistan at the Neptune Theatre tonight.

MacLean's senior columnist Paul Wells and national editor Andrew Coyne will participate in a roundtable entitled Afghanistan: Noble Fight or Lost Cause.

Chris Alexander, Canada's first resident ambassador to Afghanistan, Scott Taylor, a former soldier and current editor of Esprit du Corps, and military analyst Mercedes Stephenson will also join the discussion, which runs from eight to 10 p.m. tonight and will be broadcast on CPAC. Tickets range from $15 to $20.

METRO HALIFAX

Green input wanted from you

The Department of Energy is looking to the public for input on renewable energy options this Thursday. The renewable energy stakeholders consultation will evaluate various scenarios for the province to meet its 2015 green targets. The meeting takes place at the Dalhousie University University Club from 12 to 4:30 p.m. METRO HALIFAX

Atlantic weathers recession: APEC

The Atlantic Provinces Economic Council says the region seems to have weathered the deepest recession since the Second World War better than other parts of Canada.

In it's annual economic outlook, released yesterday, the think tank said the world economy is showing signs of recovery.

It said fiscal stimulus, a recovery in consumer and business confidence and a gradual pick up in global demand should help Atlantic Canada return to growth in 2010.

APEC does issue a cautionary note saying the higher Canadian dollar will temper the impact of improving U.S. demand on Atlantic exports.

It predicts growth of up to 1.5 per cent in P.E.I. next year as a result of higher government spending.

In New Brunswick, where declining export demand and a decision not to proceed with a second oil refinery hit hard, the report said there are signs of improvement. It predicted growth of 1.4 per cent in 2010, based on higher consumption and investment spending combined with improved export demand.

1.7 Nova Scotia's recovery will be a modest 1.7 per cent, the report predicted.

APEC said Newfoundland and Labrador will lead the region in growth next year with a gain of three per cent, reflecting a rebound in mining and higher investment spending in offshore oil industries.

Nova Scotia's recovery will be 1.7 per cent helped by higher output of natural gas and growth in investment spending.

APEC cautioned that longer-term challenges for the Atlantic region include the risk of slower U.S. growth and the need to address swollen provincial deficits. THE CANADIAN PRESS

Halifax housing starts buck national trend

REPORT Residential construction in Halifax has bucked a national trend for the third month in a row, according to numbers released by the Canada Mortgage and Housing Corporation (CMHC) yesterday.

There were 205 housing starts in the Halifax area last month, compared with 178 in October 2008. Single detached units increased from 88 to 90 units last month, while multiple starts climbed from 90 to 115 units.

Nationally, housing starts were down 19 per cent to 14,090 units — down from 17,389 units a year before.

Matthew Gilmore, senior market analyst with CMHC's Atlantic Business Centre, attributes the increase to a favourable economic climate in the Atlantic region. METRO HALIFAX

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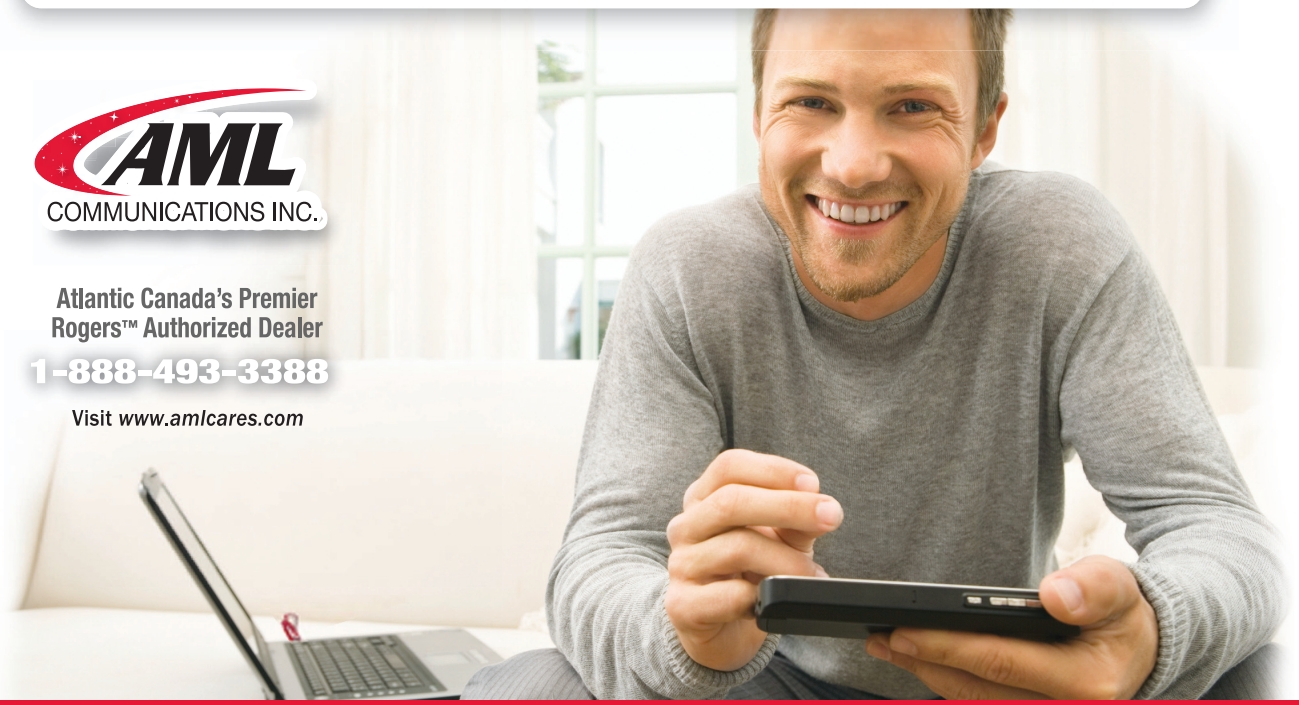
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Quebec City mulls Olympic bid
Quebec will spend $1 million to assess whether its capital city can put together a bid for future Winter Olympic Games, according to CBC News Online. METRO NEWS SERVICES

Canada



Afghanistan wants vaccine help

Afghanistan is calling on the international community to donate H1N1 vaccine so it can to fend off the swine-flu pandemic, but it is unlikely to get any doses from Canada. Canada's ambassador to Afghanistan says because of shortages in Canada, it will probably be unable to provide any shipments of the vaccine. Bill Crosbie, left, says discussions are underway to determine what other ways Canada will be able to help Afghanistan fight the spread of the virus. THE CANADIAN PRESS

News in brief

BERLIN WALL A massive chunk of the Berlin Wall, which has rested in a government conference centre largely out of public view for years, will be moved to the Canadian War Museum. Prime Minister Stephen Harper made the announcement yesterday to mark the 20th anniversary of the fall of the wall, the fabled dividing line between East and West for much of the Cold War. "The point of no return was reached 20 years ago today, on Nov. 9, 1989," Harper said at a brief ceremony next to the piece of the wall, a slab the size of a boardroom table daubed with colourful cartoons. "Thousands of Germans from the east poured across a border that would soon cease to exist." THE CANADIAN PRESS

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SEAN KILPATRICK/THE CANADIAN PRESS

Gov. Gen. Michaëlle Jean touches Master Cpl. Jody Mitic, left, as she presents him with the new Sacrifice Medal during a ceremony at Rideau Hall in Ottawa, yesterday. Of the first 46 medals, 21 are posthumous awards.

Sacrifice Medal lauds the dead

Award honours slain Forces members

A clearly emotional Gov. Gen. Michaëlle Jean presided yesterday over the first presentations of the new Sacrifice Medal.

Of the first 46 medals, 21 are posthumous awards.

The medal is awarded to members of the Canadian Forces, or civilians working with the Forces, who are killed or wounded by hostile action or to any member of the military who dies because of a service-related accident or disease.

The Governor General told the soldiers and families assembled at Rideau Hall for the ceremony that Canadians share their pain and grief. She said she met many family members during sombre repatriation ceremonies at Canadian Forces Base Trenton, Ont., where the bodies of soldiers killed in Afghanistan return home.

"Many of you have shared your pain with me," she said.

Jean, who is titular commander-in-chief of the Forces, paid tribute to those who have fought and are fighting still in Afghanistan."

"I must bow my head before you, to pay tribute to you and to express my respect and gratitude," Jean added. THE CANADIAN PRESS

Bloc claims Quebec riding in early going

BYELECTION The Conservatives appeared poised to break down a Bloc Québécois fortress in Quebec in last night's byelections.

The Bloc easily held on to another Quebec riding.

The Tories, thought to be moribund in Quebec only a few months ago, showed surprising strength in Montmagny-L'Islet-Kamouraska-Riviere du Loup in the province's lower St. Lawrence region. With about three-quarters of polls reporting, Conservative Bernard Genereux held lead over the Bloc's Nancy Gagnon. Bloc Québécois member Daniel Paille easily held on for the Bloc in the Montreal riding of Hochelaga. THE CANADIAN PRESS

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Seminar date, time, and venue are subject to change. If changes are necessary, registered participants will be notified.

Teen killed polar bear in self defence: Report

A teenage hunter trapped on an ice floe in Hudson Bay was forced to shoot a polar bear in self-defence as he waited to be rescued from the drifting sea ice. A spokesman with the Nunavut government says three bears were on the same ice pan as the 17-year-old after he became separated from his uncle. THE CANADIAN PRESS

Forget U.S., 'Buy Canadian': Study

Group suggests forgoing attempts to fight Buy American provisions

Canada would be better off living with U.S. President Barack Obama's Buy American provisions than trying to strike a deal that gives up the autonomy provincial and municipal governments enjoy to enact their own buy-local policies, a new think-tank analysis suggests.

The briefing paper by the left-leaning Canadian Centre for Policy Alternatives — to be released today — concludes that Ottawa should focus its efforts on developing its own Buy Canada policy.

"Our governments should emulate what is best in the U.S. buy-local procurement policies and employ them to benefit Canadians." Canadian Centre for Policy Alternatives

"Instead of tilting at the windmill of an unattainable exemption (from Buy American), our governments should emulate what is best in the U.S. buy-local procurement policies and employ them to benefit Canadians," the paper concludes.

"This stance would undoubtedly irk certain American interests, but they could hardly cry foul."

In an effort at reviving the flagging American economy, the U.S. federal government is pumping up to US$787 billion into the economy through infrastructure spending, but the Buy American provisions require state and municipal projects use only U.S.-made goods.

The provisions enjoy widespread support in the U.S., but have sparked angst among Canadian businesses, which have pressed Ottawa to do something.

For example, the city of Sacramento, Calif., has nixed Canadian-made pipes for its public-water system in a $1.4-million blow to an Ontario manufacturer.

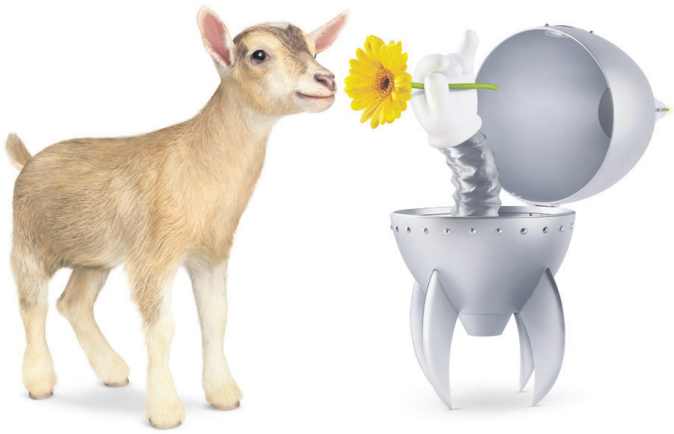
THE CANADIAN PRESS

News in brief

FUNERAL Ashley Neufeld was remembered yesterday as person who played with heart both on and off the softball diamond, working through injuries, sharing her passion for the game with younger girls, and touching many hearts during her short life. More than 1,000 mourners packed Brandon, Man.'s large United Church to say goodbye to the 21-year-old softball star who died last week along with two of her teammates when their SUV sank into a North Dakota pond. Ashley Neufeld was attending Dickinson State University.

THE CANADIAN PRESS

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263 Jury St.
New Minas
County Fair Mall
Port Hawkesbury
Port Hawkesbury Shopping Centre
Sydney
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337 Welton St.
Truro
Truro Mall
Windsor
Fort Edward Mall
Yarmouth
Yarmouth Mall

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Clarenville
Random Square Mall
Corner Brook
Corner Brook Plaza
69 Broadway Rd.
Gander
Gander Mall
Grand Falls-Windsor
Exploits Valley Mall
Marystown
Peninsula Mall
St. John's/Mount Pearl
Avalon Mall
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336 Freshwater Rd.
55 Kelsey Dr.
35 Stavanger Dr.

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Campbellton
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Fredericton
Regent Mall
Grand Falls
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Supreme Court refuses to block Beltway sniper's execution

The U.S. Supreme Court has refused to block tonight's scheduled execution of sniper mastermind John Allen Muhammad. Muhammad is scheduled to die by injection at a Virginia prison for the slaying of Dean Harold Meyers at a gas station during a three-week spree in October 2002 across Maryland, Va., and Washington, D.C. THE ASSOCIATED PRESS

World



Russian H-bomb developer dead at 93

Vitaly Ginzburg, a Nobel prize-winning Russian physicist and one of the fathers of the Soviet hydrogen bomb, has died in Moscow. He was 93. Ginzburg won the 2003 Nobel Prize in physics for his contribution to theories on superconductivity, the ability of some materials to conduct electricity without resistance. In the early 1950s, Ginzburg was part of the Soviet government's hydrogen bomb program.

THE ASSOCIATED PRESS

Shooting suspect reached out to radical imam: Report

TEXAS The U.S. Army psychiatrist accused of the Fort Hood massacre reached out to communicate with a radical imam overseas who in the past came under scrutiny for possible links to terror groups, a U.S. official said yesterday.

Maj. Nidal Malik Hasan sent electronic communications to the imam, Anwar al-Awlaki, according to this official, who was not authorized to discuss the investigation and spoke on condition of anonymity. Al-Awlaki, who was released from a jail in Yemen last year, writes a blog which, among other things, denounces U.S. policies as anti-Muslim.

Hasan's messages were picked up by U.S. counterterror officials, but an inquiry into the matter was shelved because the contacts were not deemed to suggest a threat, this official said. Investigators now are trying to determine whether Hasan has any links to terror groups.

Officials involved in the investigation said Hasan would be tried in a military court. Authorities have not said when charges would be filed. Hasan remains under guard at a military hospital but began talking to doctors there yesterday.

THE ASSOCIATED PRESS

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Search on for survivors

Many dig with bare hands after landslides kill 130

Tears streamed down Elsy Portillo's badly bruised face yesterday as she walked behind coffins carrying her mother and only child in this town buried by a landslide, one in a series that killed at least 130 people in El Salvador.

Portillo's body was flung repeatedly against the walls as she fought to keep her seven-year-old son from being swept away in the powerful river of mud, boulders and floodwaters overtaking their home in the pre-dawn hours Sunday.

"My little angel was taken away," she said, sobbing, her right eye swollen shut. "My little angel was taken away."

Days of heavy rains unleashed flooding and mudslides across this mountainous Central American country Sunday.

Soldiers and townspeople continued digging through rock and debris to search for the 60 people who remained missing yesterday. Collapsed walls and downed power lines prevented heavy machinery from entering. Many used their bare hands.

Hopes of finding survivors dimmed with each passing hour.

THE ASSOCIATED PRESS



RODRIGO ABD/THE ASSOCIATED PRESS

Manuel Pontano, centre, sits outside his flooded home in Verapaz, El Salvador, yesterday.

News in brief

WASHINGTON Israeli Prime Minister Benjamin Netanyahu yesterday called for an immediate resumption of peace talks with Palestinians and pledged more steps to improve economic conditions in Palestinian areas. Netanyahu reiterated to an assembly of Jewish groups his view that peace negotiations should begin with no preconditions. He made no new proposals on constraining Jewish settlements in the West Bank. Palestinian officials insist that Israel freeze settlement activity before peace talks resume.

SENTENCE U.S. federal prosecutors want a prison term of at least 27 years for a former Louisiana congressman convicted of taking hundreds of thousands of dollars in bribes. The case of William Jefferson, a Democrat who represented parts of New Orleans, made headlines when authorities found $90,000 cash hidden in his freezer.

THE ASSOCIATED PRESS

Al-Qaida tape found in suspect's home: Lawyer

CHICAGO Two videos produced by Osama bin Laden's al-Qaida network have been found in the home of a Chicago man accused of plotting an armed attack on a Danish newspaper, federal prosecutors said.

Bin Laden appears on one of the DVDs, describing the lives of four so-called martyrs "on behalf of Islam," and other footage focused on the cartoons depicting Prophet Muhammad published in the Copenhagen newspaper, prosecutors said in papers filed late Friday. Those cartoons sparked outrage in the Muslim world. The filings are part of prosecutors' efforts to bolster their case that Chicago grocery store owner and immigration counsellor Tahawwur Rana — who also operated an office in Toronto — should not be freed on bond pending resolution of terrorism charges against him and David C. Headley.

Rana's attorney, Patrick Blegen, has said Rana may be an innocent dupe of Headley. THE ASSOCIATED PRESS

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Chocolatier makes edible Berlin Wall

A French chocolate-maker celebrated the 20th anniversary of the fall of the Berlin Wall by building a 15-metre-long edible replica of the landmark. THE ASSOCIATED PRESS

Historical figures for a historic anniversary

Gorbachev, Walesa attend Wall celebrations in Berlin

German Chancellor Angela Merkel and former Soviet leader Mikhail Gorbachev crossed a former fortified border yesterday to cheers of "Gorby! Gorby!" as a throng of grateful Germans recalled the night 20 years ago that the Berlin Wall gave way to their desire for freedom and unity.

Within hours of a confused announcement on Nov. 9, 1989, that East Germany was lifting travel restrictions, hundreds of people streamed into the enclave that was West Berlin, marking a pivotal moment in the collapse of communism in Europe.

Merkel, who grew up in East Germany and was one of thousands to cross that night, recalled that "before the joy of freedom came, many people suffered."

She lauded Gorbachev, with whom she shared an umbrella amid a crush of hundreds, eager for a glimpse of the man many still consider a hero for his role in pushing reform in the Soviet Union.

Tears sprang to the eyes of Uwe Kross, a 65-year-old retiree, who recalled seeing the start of the drama on Nov. 9, 1989, from his home, a block away from the bridge.

"That night you couldn't stop people," Kross said. "They lifted the barrier and everyone poured through."

Merkel also welcomed Poland's 1980s pro-democracy leader, Lech Walesa, to the former crossing yesterday, saying his Solidarity movement provided "incredible encouragement" to East Germans.

Music from Bon Jovi and Beethoven was to recall the joy of the border's opening, which led to German reunification less than a year later and the swift demolition of most of the wall — which snaked for 155 kilometres around West Berlin, a capitalist enclave deep inside East Germany.

Memorials were also held for the 136 people killed by East German guards trying to cross the border. THE ASSOCIATED PRESS

'Common Europe'

- Russian President Dmitry Medvedev stressed the Soviet Union's role in bringing down the Berlin Wall and suggested more must be done to clear "our common Europe" of dividing lines, alluding to the differences and distrust that still set Russia apart from the West.

Domino effect a fitting tribute

BERLIN Thousands of cheering Germans re-enacted the electrifying moment the Berlin Wall came crashing down — toppling 1,000 huge graffiti-adorned dominoes that tumbled past the Brandenburg Gate in the heart of the capital, celebrating 20 years of freedom from separation and fear.

Yesterday's spectacle — billed by organizers as a metaphor for the way the real Cold War icon came down and the resulting fall of communist countries in eastern Europe — was the finale after a series of memorial services, speeches and events marking the anniversary.

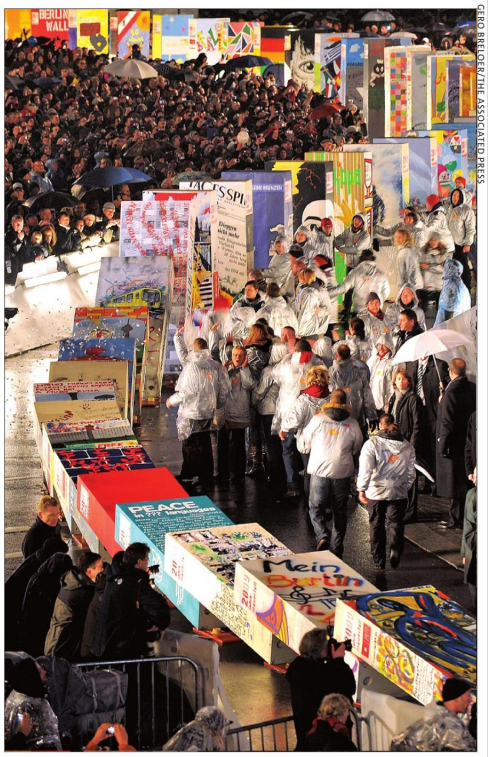
"Looking back, we can see many causes that led to the peaceful revolution, but it still remains a miracle," German President Horst Koehler told the leaders of all 27 European Union countries, Russian President Dmitry Medvedev and U.S. Secretary of State Hillary Rodham Clinton, who were invited to attend the ceremony, reflecting the profound change the fall of the wall had not only on Germany, but Europe and the world.

Angela Merkel — Germany's first chancellor to be raised in the former communist east — called the events of Nov. 9, 1989, an "epic" moment in history.

"For me, it was one of the happiest moments of my life," Merkel told a crowd of tens of thousands packed around the Brandenburg Gate.

In a video message screened at the main event, U.S. President Barack Obama paid tribute to the dissidents and demonstrators who ushered in the fall of the wall 20 years ago.

"Let us never forget Nov. 9, 1989, nor the sacrifices that made it possible," Obama said to applause and cheers. THE ASSOCIATED PRESS



GERO BRELOER/THE ASSOCIATED PRESS

Giant dominoes placed along the former border in front of the Brandenburg Gate in Berlin fall yesterday in a symbolic act.

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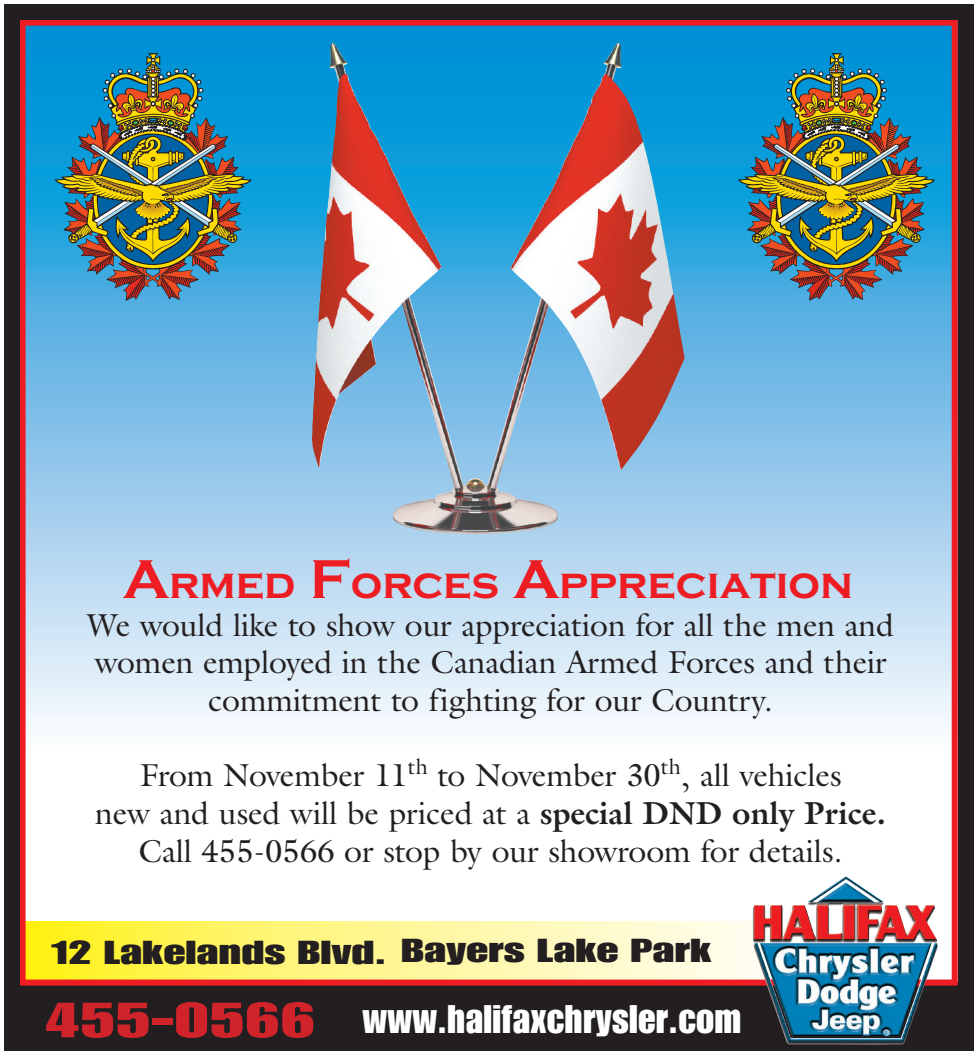
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China executes nine over riots

China has executed nine men, including eight from the Muslim Uighur minority, for crimes committed during July riots that killed 200 people in the western Xinjiang region. They are the first to be put to death for the country's worst ethnic violence in decades.

The nine had been convicted of murder and other crimes committed during the unrest, which began July 5 when Uighurs in the regional capital of Urumqi attacked Han people, who make up China's dominant ethnicity, only to face retaliatory attacks two days later. Many Uighurs resent Beijing's heavy-handed rule in Xinjiang.

Four months later, Xinjiang remains smothered in heavy security, with Internet access cut and most international calls blocked.

The official China News Service reported yesterday that the nine were executed, but it gave no specific date or other details. Earlier reports identified those condemned as eight Uighurs and one Han.

THE ASSOCIATED PRESS

Timing

- The timing of the executions was not fast for China, which puts more people to death than any other country, an estimated 6,000 people in 2007. Politically sensitive cases are often decided in weeks, especially when they involve major unrest.

News in brief

DEATHS Authorities are investigating whether a man whose property harboured the remains of at least 11 people is connected to any killings in places he lived while in the military, including Japan, California and the Carolinas. The FBI has said it will investigate any leads in the case against Anthony Sowell, 50, who served in the Marines from 1978 to 1985, said FBI spokesman Scott Wilson. THE ASSOCIATED PRESS



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Comment

General's new book stirs the pot

NationalReport
Lawrence Martin
metronews.ca/nationalreport



Is it Rick Hillier's war? With things going badly in Afghanistan, a controversy has developed over who was the main architect of the Kandahar component of the mission that has cost so many Canadian lives.

In his book, A Soldier First, which is jumping off the shelves, retired Gen. Rick Hillier tries to distance himself as the prime mover. The decision had already been made to go into Kandahar, he said, when he became head of the Armed Forces five years ago.

That doesn't quite square with the picture put forward in The Unexpected War, the award-winning book by Janice Gross Stein and Eugene Lang.

Lang, who served as top adviser to former defence minister Bill Graham, said yesterday he stands by his story. "My account is accurate. My account is based on research not memory. I was at the table for many of the decisions and I subsequently interviewed many of the principals, including Hillier." He said the decision that had been made was to send only a provincial reconstruction team of a couple hundred troops to Kandahar, not the full-fledged combat force that came about under Hillier.

The question is an important one. Hillier has elevated the reputation and stature of the Canadian military and deserves a lot of credit, as Lang points out, for doing so. There is uneasiness, however, over Hillier's larger vision. He has a simplistic notion of the world as being divided into good guys and bad and saw the Canadian role as being to get out there to kill those "scumbags," as he called them. His approach marked a wholesale shift from peacekeeping and the advocacy of soft power. Hillier refers to soft power in his book as "sheer lunacy."

How the war pans out will impact heavily on his reputation and how his redefinition sits with Canadians.

If he read more history, he would know what happens or might have happened when too much power is left in the hands of generals. He could start with the Cuban missile crisis and the hot-button ravings of Gen. Curtis E. LeMay. If he had not been overruled by civilians at the Kennedy White House, Hillier wouldn't even be here. Neither would the rest of us.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Our society's descent into barbarism

InStep
Christine Williams



Headlines featuring acts of violence are copious, and depending on the shock value, these reports often illicit a proportional reaction from the citizenry, lobby groups and even politicians.

But the recent case involving a 15-year-old California girl who was gangraped in front of as many as 20 witnesses for more than 2½ hours has slipped by as just another tragedy to add to the list. Yet I noticed that those who discussed it in private expressed their shock with a whisper, accompanied by a befuddled look. There is something unique about this event. It marks a low point in our collective moral psyche that we must challenge.

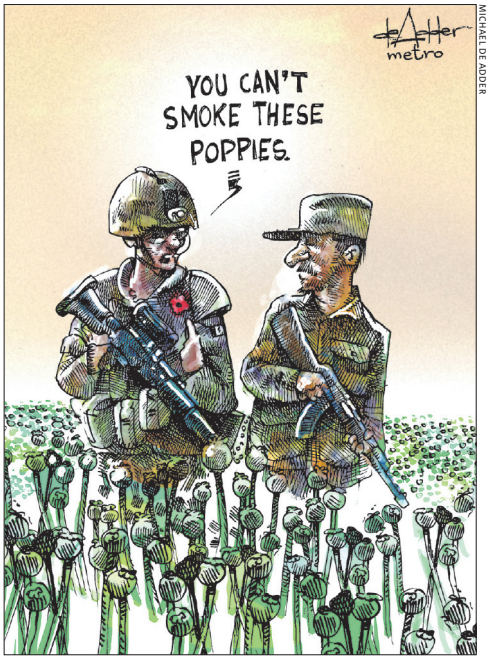
One of the methods we choose to deal with tragedies is to identify markers that would signify how it could have been prevented. There is hardly an event more troubling than a seemingly random one, where a victim is inexplicably chosen in a heinous crime. This 15-year-old girl could have been you, your daughter, sister, etc. As the attacks began, more people came to watch. Some joined in while others took cellphone videos and images.

The scene is reminiscent of the savagery of the Dark Ages, where human beings were barely recognizable from beasts. Although I would like to believe this could never happen in my beloved Canada, I am not convinced. In a world of scientific breakthroughs and high-tech technology, where is the soul of humanity headed as we increasingly deny the precious worth of other human beings?

The Parents Television Council just released its report, highlighting a concern about an increase in violence against women in prime-time network programs. This age-old, venerable warning has been repeated so often that it now seems antediluvian considering the explosion of the Internet and violent video games. Sadly enough, if depictions of violence, sex or a mix of both are on the rise in the media, it is reflective of the ravenous appetite of the consumer.

There are many voices of reason and ethics reverberating their warnings to a society descending into barbarism. We can no longer afford to be inactive bystanders. We can begin by limiting intellectual junk food and embracing the timeless virtues of intimacy with friends and loved ones. As a bonus, our kids will love us for it in the long term.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

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Ida pushes crude price higher in Asia

Oil prices climbed toward US$79 a barrel yesterday in Asia as Hurricane Ida threatened oil installations in the Gulf of Mexico. Benchmark crude for December delivery was up $1.32 to $78.75 a barrel at late afternoon Singapore time in electronic trading on the New York Mercantile Exchange. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM Canada invests $90M, recalls workers

Consumer demand for popular crossover vehicles prompts action by automaker

General Motors Canada announced yesterday it will invest $90 million in its joint-venture facility in southwestern Ontario, resulting in the recall of about 150 laid-off employees and drawing praise from union and government officials alike.

The investment will allow GM to retool one of the assembly plant's body shops in order to increase manufacturing capacity and meet strong demand for its 2010 Chevrolet Equinox and GMC Terrain.

"This investment is an excellent example of what happens when you get the product right. If the product is right, everything else follows — increased production, increased employment and strong market demand," said GM Canada president Arturo Elias.

The added capacity will result in production of an additional 40,000 vehicles annually for the Canadian and U.S. markets at the CAMI facility in Ingersoll, Ont.

The CAMI plant, which is a joint venture between GM and Japanese automaker Suzuki, has been a major beneficiary as GM ramps up production to meet demand from improved sales. In August, the company announced that it would reinstate a third shift at CAMI, bringing back 300 employees to satisfy demand for the Equinox and the Terrain.

Both vehicles are crossovers, or sport utility vehicles built on car platforms. Crossovers are becoming a popular choice across brands as consumers increasingly seek out fuel-efficient options.

Bob Lutz, GM's vice-chairman in charge of marketing, said back in September that the company was looking at assembling the Equinox at another plant, but the Canadian Auto Workers union worked to convince GM that it would make more sense to increase production at CAMI.

"That $90 million is about maximizing the potential, fully utilizing the plant on a three-shift operation, and importantly, the last 155 people that have been on layoff for the last year and a half will be recalled," CAW president Ken Lewenza said in an interview.

THE CANADIAN PRESS

Opel

•The chief executive of General Motors Co. met with leaders of its Opel unit yesterday to discuss the European subsidiary's automaker's future, a week after GM abruptly decided to keep it instead of selling a majority stake. Fritz Henderson wanted to get a firsthand look at the situation at Adam Opel GmbH's headquarters in Ruesselsheim said Opel spokesman Ulrich Weber. Yesterday's talks ended without the emergence of any clear plans for the future of Opel's five plants in Germany, or those elsewhere. Henderson will hold more talks today, including with the head of the company's employee council leader.

Plummeting Bombardier orders lead to cuts

Bombardier Inc. employees should expect additional aircraft production cuts that may lead to more layoffs as Canada's big aircraft and rail transit equipment maker adjusts to dwindling demand, CEO Pierre Beaudoin said yesterday.

The Montreal-based manufacturer has already announced 4,400 layoffs this year because of lower demand for its business and regional jets.

The lack of orders will force the company to consider increasing that number, Beaudoin told reporters after addressing the Canadian Club of Montreal.

Details of the changes will be announced before the end of January. The company discloses its third-quarter results on Dec. 3.

"It's a tough market the commercial aircraft market right now, so it's likely we'll have adjustments," he said.

Bombardier spokesman Marc Duchesne later said layoffs could be avoided if the production cut isn't too deep. THE CANADIAN PRESS

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Takeover **Deal still bitter for Cadbury**



KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

In this February file photo, a Cadbury chocolate bar is seen for sale in a shop in London. British candy maker Cadbury PLC yesterday rejected a renewed 9.8-billion-pound ($16.4-billion) hostile bid from Kraft Foods Inc. after the U.S. company refused to sweeten a previous offer.

Drilling drying up: Industry

WELLS Oilfield services firms are hunkering down for yet another gloomy winter as energy prices remain too weak to entice their customers to drill new wells.

Ensign Energy Services Inc. bluntly predicted yesterday the upcoming drilling season will at best be similar to the previous one, which was itself pretty dismal.

"The North American oilfield services industry remains challenged by too much equipment chasing too little work," the Calgary-based company stated.

"The North American oilfield services industry remains challenged."
Ensign Energy Services

Producers in Western Canada, which hire companies like Ensign to drill wells and provide other services, have been reining in their activity as lacklustre demand and overabundant supplies press down the price of natural gas.

BMO Capital Markets analyst Michael Mazar said Ensign's conservative outlook is likely on the mark.

THE CANADIAN PRESS

In **brief**

CANWEST The Canadian Radio-television Telecommunications Commission has approved the sale of Canwest's CHEK-TV station in Victoria to a group of investors for $2. The federal regulator said yesterday the TV operations and related transmitters can be sold to a private numbered company owned by a consortium of local investors, 39 employees of the TV station and the Communications Energy and Paperworkers Union.

ECONOMY Canada's economy has shown some signs of a tepid recovery but the Conference Board says that most industries it tracks are still experiencing financial trouble.

THE CANADIAN PRESS

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AlisonOnMoney



My adult daughters usually can't recall what mom and dad put under the tree after a few months have passed, but they both remember in vivid detail what we did for people whose names we will never know.

Over the years we've given out Christmas boxes to low income families, made sandwiches for the homeless and stuffed stockings for a women's shelter. Last year we joined the Basketeers (www.basketeers.ca) and had fun filling a laundry basket full of household items to help abused women set up a new home. The best part was going to the collection centre and ogling the wonderful baskets — most far better decorated than ours! We'll do better this year.

That's the sermon, now here's the advice — if you're thinking of putting a shelter at the top of your holiday list start planning now as most of them like to have holiday donations in hand by early December.

You don't have to spend lots of money in order to make a difference. Here are a few suggestions.

- Re-gift without guilt. Avoid the disaster of giving a present back to the person who gave it to you by redirecting it to a shelter. I have a lovely wrapped cosmetic bundle I'll never use and my daughter has a new kettle she got at a wedding shower. Both are going into this year's Basketeers offering.
- Use your points. Last year I cashed in Air Miles reward points to buy theatre tickets with drinks and popcorn. Everyone needs a little treat in the holiday season.
- At your office party suggest adopting a local shelter and have everyone bring something to contribute instead of a gift exchange.
- Check with the shelters to find out what they need before you donate.
- Don't forget the gift receipt. This will be appreciated if an item doesn't fit or the recipient needs an iron more than a hair dryer.

"if you're thinking of putting a shelter at the top of your holiday list start planning now as most of them like to have holiday donations in hand by early December."



Giving to local shelters is helping someone make a fresh start, something particularly appropriate in this season of renewal.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Alison's Money Rule:

- Feed your soul this holiday season by focussing your charitable efforts on a local shelter.

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Self-employed workers enjoy the benefits of financial success but also must bear the burden if their business fails.

EI doesn't cover self employed

MoneyMatters



Henry Choo Chong

metronews.ca/moneymatters

Q I own an electronic sales and repair store. My wife works in the store and holds down a job for two days a week. Since, the beginning of the year, business has been steadily declining. Every month, I remit payroll deductions on behalf of two employees, my wife and I. Can she qualify for Employment Insurance benefits? If the business continues to lose money, how much can I claim? — Joel

A The financial debacle over the past year has taken its toll on many businesses, large and small, particularly in towns that depend on one or two large employers. The pain is felt throughout the town from senior management, assembly workers, pizza stores, city revenues, and family outings.

Self-employed workers and their spouse are exempt from Employment Insurance contributions. Consequently, they do not qualify for EI (employment insurance) benefits. All workers (self-employed included) must pay into the Canada Pension Plan but they won't be able to collect until retirement.

A Conservative party proposal for new rules to the Employment Insurance benefits may bring self-employed individuals some relief. However, only under certain conditions such as sickness, maternity, paternity or compassionate grounds. This "extension" will not cover regular EI benefits that employees receive in the event of job loss. Self-employed individuals can voluntarily contribute to this "special EI" and subsequently will be entitled to benefits.

"Self-employed workers ... are exempt from Employment insurance contributions. Consequently, they do not qualify for EI benefits."

Self-employed people will continue to reap the benefits of financial success but also bear the burden if the business fails.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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Market feeds on low rates

Investing



Allan Small

metronews.ca/investing

The jobless recovery marches on. The latest unemployment numbers out of the U.S. and Canada reveal that the rates have jumped to 10.2 per cent (worst since 1983) and 8.8 per cent respectively. These numbers were much higher than what many had anticipated. With this negative news, how has the market continued its upward momentum and why should investors continue to be buyers versus sellers?

In my opinion, the stock market is telling investors that the low interest rate environment is trumping any other news good or bad at this time. With government stimulus plans still in the works and low interest rates, this provides the optimum environment for companies to do better and thus investors to do well buying the shares of these publicly traded companies.

Bad news like the high unemployment numbers seem to just slow down the markets temporarily but the market seems to bounce back quickly from any negative news. I feel this is because the low interest rate environment right now is most important to the stock market.

As investors we should continue to take advantage of this good investment environment for as long as it remains. Try to buy investments with good dividends if possible so you can continue to get paid while you wait for the growth now further into the future. If you are an investor looking for growth, look to sectors of the market that tend to grow during the early stages of economic recovery as we may be at this stage for some time to come.

"Bad news like the high unemployment numbers seem to just slow down the markets temporarily..."

Allan Small can be reached at asmall@dundeesecurities.com. The views expressed are not necessarily those of Dundee Securities



NEWS CANADA

Re-examine your insurance policy to find savings.

Save on insurance without scrimping on coverage

There are lots of small steps Canadians can take to save money on home and auto insurance, without sacrificing comprehensive coverage.

"Something as simple as switching to a job with a shorter commute can impact your auto insurance premium," says Henry Blumenthal, vice-president and chief underwriter for TD Insurance.

The information insurers look at may not be obvious, so it's worth taking a few minutes to double-check the details of your policy. For example, if you are a homeowner and you've recently quit smoking, you may be eligible for savings on your home insurance policy since it reduces the risk of fire.

In addition to making sure that your premiums are updated, re-examining how your policy is set up can also help to put some money back in your pocket. NEWS CANADA

Lack of funds holding back TFSA contributions, poll finds

A RBC Financial Priorities Poll found that while most Canadians (71 per cent) are aware of the Tax Free Savings Account (TFSA), three-quarters (76 per cent) have not yet opened a TFSA with a lack of funds and knowledge being key reasons. METRO NEWS SERVICES

Prenups can form basis of money talk

Marriage contracts and prenuptial agreements can be difficult to bring up when you're planning the happy event — and certainly not everyone contemplating tying the knot needs one.

But "prenups" can be particularly handy for people embarking on a second marriage or those who stand to inherit a sizable estate. And they start the kind of serious financial dialogue every couple needs to have on an ongoing basis.

"Obviously a lot of people don't want to sign a prenup, because they don't think it's very romantic." Christine Van Cauwenberghe

"Obviously a lot of people don't want to sign a prenup, because they don't think it's very romantic and in many cases people feel that it's awkward to bring it up," said Christine Van Cauwenberghe, a financial planning expert with Investors Group.

Van Cauwenberghe points out not every couple getting married is going to need a prenup. "If, for example, you have two people who are entering marriage, where neither one owns much of anything, then it's really not that much of an issue."

In other cases, the push towards a contract comes from one of the families.

"In some cases there are families who say: 'You may not own very much right now, but you're going to be receiving a fair bit because we're a family of means,'" said Van Cauwenberghe.

Others might want the contract because they simply don't want to give up financial independence.

"I know of many women who are in their 40s or early 50s and they've acquired financial stability, they're taking control and they have said, 'Now I wouldn't enter into a relationship unless we were on mutual footing, mutual ground'," said TD Waterhouse vice-president Patricia Lovett-Reid.

Legal

- Prenuptial agreements are recognized in all Canadian provinces so long as they are properly drafted. This includes making sure that one party provides full disclosure to the other party, that both parties received independent legal advice, or where the contract was signed under duress.

Timing is crucial in approaching these agreements — you really don't want to bring it up the night before the wedding.

"It may take you awhile to get an appointment with the lawyer, then the lawyer has to get all the financial disclosure, they're going to have to value businesses if that's the reason why you're getting the prenup," Van Cauwenberghe said. "That's not going to happen in a day, a week, probably not even a month."

People embarking on their second marriage in particular might want to think about a prenup.

Van Cauwenberghe noted that you may have already acquired a significant amount of money, or you're concerned about leaving an estate for your children from the previous relationship.

"And maybe you have been widowed, maybe you've been divorced and you're also concerned about not being burned, so to speak, the second time around," she said.

Another reason for a prenup would be taking care of children from a previous marriage.

"The court is not bound by those types of rules" said Lovett-Reid. "But the court will allow you to put in rules regarding children such as religious faith teachings for example, or no physical punishment."

THE CANADIAN PRESS



Lombardi hits Broadway
Vince, a play about the legendary Green Bay Packers coach Vince Lombardi, is planned for New York next season. The play by Eric Simonson will open during the fall of 2010. Lombardi coached the Packers from 1959-67, winning five league championships in nine years. THE ASSOCIATED PRESS

Sports



Ovie's overstated injury

Alex Ovechkin, left, says he was joking when he told a reporter over the weekend that he could be out more than a month. The Washington Capitals star practised lightly yesterday and said he would actually miss about a week. He hasn't played since leaving a Nov. 1 game against Columbus after he was hurt in a scrum. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Herd goalie wins weekly honour

MOOSEHEADS Mathieu Corbeil's outstanding weekend earned him the QMJHL's defensive-player-of-the-week honour yesterday.



Mathieu Corbeil

The 18-year-old goalie was named the first star in back-to-back Halifax Mooseheads victories at the Metro Centre, stopping 63 of 65 shots on Friday and Saturday as the last-place club snapped a franchise-record 12-game losing streak.

Corbeil, selected in the fourth round of the 2007 draft, was also the second star after making 23 saves in a 3-2 loss to the first-place Saint John Sea Dogs on Wednesday.

The second-year stopper from Montreal edged out Kevin Poulin (Victoriaville), Matthew Dopud (Rimouski) and Benjamin Lecomte (Saint John) for the weekly honour.

The Mooseheads were scheduled to face the Shawinigan Cataractes at the Metro Centre today, but the game was postponed on Sunday because six players with the Cataractes have exhibited symptoms of the H1N1 virus.

Halifax will look to win their third straight game on Friday when the Moncton Wildcats visit at 7 p.m.

METRO HALIFAX

Gretzky shows up for Hall induction

HOCKEY Wayne Gretzky decided to put his friends ahead of any lingering awkwardness with the NHL.

The Great One has been keeping a low profile since stepping down as coach of the Phoenix Coyotes, but turned up for the Hockey Hall of Fame's induction ceremony last night.

It's one of the showcase events on the league's calendar and Gretzky thought it was important to come out in support of inductees Steve Yzerman, Brett Hull, Brian Leetch, Luc Robitaille and builder Lou Lamoriello — five men he knows well.

"It's a great honour for them," Gretzky told a large scrum of reporters at the Hall. "I played with most of those guys, other than Stevie, and we played in a World Cup together.

"It's a nice day for everyone." THE CANADIAN PRESS

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Sports in brief

BASEBALL The Red Sox exercised their $7.7-million (all figures U.S.) option on Victor Martinez and declined options on Jason Varitek and Alex Gonzalez yesterday. Boston also agreed to a $5-million, two-year contract with 43-year-old knuckleballer Tim Wakefield, replacing a perpetual $4-million annual club option.

METRO NEWS SERVICES

Taking TV to a new level

Coverage of Olympics will be a new high-water mark for Canada

VANCOUVER 2010 Games

Bigger, better. Those words keep popping up every time broadcasting plans for the 2010 Vancouver Olympics are mentioned.

And while you might think this is all pre-Olympic hype and that "bigger and better" have officially been added to the Games' "higher, faster, stronger" motto, the fact is that from a Canadian perspective Vancouver will definitely be a high-water mark for television.

It certainly will be bigger. As for the better part, that remains to be seen. Last week, a convoy of up to 20 18-wheelers hit the road, loaded down with tonnes of the most sophisticated TV equipment in the world and more than a million feet of cable. The convoy contained the guts of the largest broadcasting production ever undertaken in Canada.

It will help the CTV Olympic consortium to produce an unprecedented 4,500 hours of everything that happens during the Games on 10 television channels, two radio stations and two websites.

"This is five times bigger than anything else we've ever done," says Rick Chisholm, the consortium's executive vice-president of broadcast.

"Our goal was to bring the best producers, directors and staff from around the world," says Nancy Lee, who left her post as head of CBC sports to become chief operating officer of Olympic Broadcasting Services Vancouver.

"I think we've done that, as well as enhancing coverage."

TORSTAR NEWS SERVICE

Television 'firsts'

The Vancouver Olympics will produce many Games firsts

- All coverage will be in high definition, with 5.1 sound.
- Ski coverage will include "ghost images" that will allow viewers to see how each skier is faring against a computer-enhanced image of the leader.
- Super slow-motion cameras will slow down pucks and sticks almost to the point of stop action.

NFL Steeler steals a pass



DOUG PENSINGER/GETTY IMAGES

Pittsburgh's Tyrone Carter runs for a touchdown after intercepting a pass attempt from Denver quarterback Kyle Orton last night as the Broncos hosted the Steelers at Mile High Stadium in Denver. **For a complete game recap, visit metronews.ca/sports.**

RB Larry Johnson released by Chiefs

NFL Larry Johnson's record-breaking career as a Kansas City running back is over.

The Chiefs confirmed yesterday that they had run out of patience with his off-the-field problems and released Johnson the day he was due to come back from his second suspension in a year. THE ASSOCIATED PRESS





Giguere set for Anaheim return

The Anaheim Ducks have reassigned goalie Justin Pogge to the minors, clearing the way for Jean-Sebastien Giguere's return. Giguere hasn't played since Oct. 24 while resting a groin injury. Before Giguere was hurt, the former playoff MVP was 0-2-1 with a 3.65 goals-against average. THE ASSOCIATED PRESS

Halladay to Boston?

Rumours swirl as MLB general managers gather in Chicago

If the Boston Red Sox really are interested in trading for ace Roy Halladay, Jays' general manager Alex Anthopoulos isn't saying.

As the general managers' meetings opened yesterday in Chicago, rumours about a future destination for Halladay, a free agent after 2010, surfaced again. Boston radio station WEEI reported on its website yesterday that even though the Jays are contemplating keeping Halladay, the pitcher has identified the Red Sox as a team to which he would accept a trade.

Halladay, who has won 148 games in 12 seasons with the Jays, has a no-trade clause in his contract and is scheduled to make $15.75 million in 2010, the final year of his deal.

After his first day at the GM meetings Anthopoulos said he had already touched base with 27 of 29 other general managers present at the Chicago Airport Hilton, but wouldn't reveal if any of them had inquired about Halladay.

And he doesn't plan to.

"(Discussing potential trades) makes it much more difficult to do my job," he said. "The more quiet we can keep this, the easier it is ... we're going to do our best to keep it quiet."

Anthopoulos' commitment to keeping quiet on Halladay marks a stark contrast with his predecessor, J.P. Ricciardi, who helped spawn a month's worth of trade speculation when he told several U.S. outlets in July that the Jays would listen to trade offers for Halladay.

That strategy led to plenty of rumours — including one that had Halladay going to the Sox in exchange for Clay Buchholz — but no results.



Roy Halladay

But even if Anthopoulos isn't discussing details with the media now, the team's desire to move Halladay is hardly a secret. As trade rumours trailed him throughout the summer Halladay maintained that he loved playing in Toronto, but that his focus for the future was playing for a contender.

And Anthopoulos himself acknowledged in a weekend conference call that in a recent conversation with Halladay, the pitcher "stressed that his timeline for winning and ours may not mesh."

Meanwhile, as the first-year general manager moves deeper into the first season of the Blue Jays "building" project, he also must decide whether to retain a group of popular but aging free agents.

Last Friday infielders Marco Scutaro and John McDonald formally filed for free agency. Catcher Rod Barajas filed for free agency yesterday.

"In a vacuum I'd like to have all of them back, but it might not be best for the team in terms of the alternatives that are out there," Anthopoulos said.

Designated hitter Kevin Millar also filed for free agency last week.

TORSTAR NEWS SERVICE

Roster moves

- The Jays added two players to their 40-man roster yesterday, selecting first baseman Brian Dopirak's contract from their triple-A farm club in Las Vegas, and claiming infielder Mike McCoy on waivers from the Colorado Rockies.

NBA Suns set on Sixers



MATT SLOCUM/THE ASSOCIATED PRESS

Philadelphia's Jason Smith, centre, collides with Phoenix's Louis Amundson, left, and Grant Hill while going up for a shot in the first half of the Sixers' 119-115 loss to the Suns yesterday.

Sports in brief

OLYMPICS Tokyo's governor says he wants to bid for the 2020 Summer Olympics — a month after the city lost out to Rio de Janeiro for the rights to host the 2016 edition. Government officials said the governor was expressing a personal view and another bid would need approval from the city assembly.

METRO NEWS SERVICES

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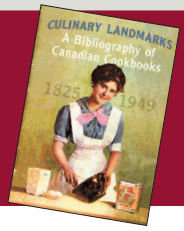

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Journalist wins culinary award
Judy Creighton, a longtime journalist with The Canadian Press, has received a prestigious award for her lifetime of service to Canada's culinary community. Creighton, 71, was given Cuisine Canada's Founder's Award on Friday. THE CANADIAN PRESS

Food

Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949 by historian Elizabeth Driver of Toronto won the first Canadian Culinary Hall of Fame award THE CANADIAN PRESS



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LiquidAssets



Peter Rockwell

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Lager options

Norm! Does anyone not know who I'm talking about? Even if you're not a barfly, Norm Peterson from Cheers is an '80s icon whose name still gets a shout at watering holes the world over. Taking advantage of his character's longevity, actor George Wendt has finally put his extensive beer knowledge into words in the just released Drinking with George: A Barstool Professional's Guide to Beer (Simon Spotlight, $32.99).



A blend of suds soaked memoir and actual fun facts about the history of beer, it's a relaxing read with oodles of stocking stuffer potential.

While I doubt Norm would approve of the just released **Molson Canadian 67 (12 x 341 ml, $19.95 - $20.99);** this weight-watching lager serves up only 67 calories per bottle (about half of what's in a cocktail or glass of wine) without losing too much of what make beer taste like beer.

Italy's **Peroni Nastro Azzurro Lager (6 x 330ml, $13.44 - $13.90)** would be more Norm's style. Its classic European design is sure to impress Stella Artois and Heineken drinkers.

Pork chops paired with plums

With cold weather outside, now is the best time to stay inside and try new dinner recipes. Check out our 20 Minutes Supper Club Healthy Guide for unique recipes that don't trade calories for taste. Our guide also offers vegetarian-friendly meal options.

This week's menu features a traditional pork chop with non-traditional sides. Applesauce is replaced with balsamic plums and Swiss chard. You'll delight your dinner guests with a new blend of flavours.

The balsamic plums are so sweet and delicious they could double-up as a dessert recipe. Apples or pears can also be a substitute for plums, they just need to be cooked in the balsamic a little longer.

Swiss chard compliments the sweetness of the plums and adds vitamin-enriched greens to the dinner.

We recommend frenched or futterfly pork loin chops for this recipe. "Frenched" refers to a chop that has been hand-trimmed to remove any excess meat or fat at the tip of the bone and can be found at butcher's counters in large supermarkets.

To complete the meal, go with a delectable sweet like chocolate dipped cookie dough truffles. These decadent truffles are also easy to freeze for late midnight snacks. With recipes like this friends will be willing to leave the comfort of their homes for a dinner party on a cold night.

-CHRISTY PENGILLY

Pork Chops with Balsamic Plums and Swiss Chard

Recipe developed by Paula Bowman

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:
- 1/4 cup balsamic vinegar
- 2 Tbsp unsalted butter
- 2 Tbsp water
- 1 Tbsp honey
- 2 sprigs thyme
- 2 plums, pitted and cut into eighths
- 4 (8oz) pork chops, (about 1-inch thick)
- 2 Tbsp olive oil
- 1 bunch Swiss chard (1lb), thick stems discarded, leaves washed and roughly chopped

METHOD:

1. In a small nonstick saucepan or skillet combine vinegar, butter, water, honey and thyme over medium heat. Bring to a boil and simmer until glossy and reduced by half, about 3-4 minutes. Add plums, stir to coat, and continue to cook until liquid is syrupy and coats plums, about 3 minutes. Remove from heat, discard thyme sprigs and set plum mixture aside.
2. Meanwhile, season chops generously with salt and pepper. Set a large heavy-bottomed skillet over medium-high heat and heat one tablespoon olive oil. Add chops and cook, flipping once, until cooked through, about 5 minutes per side. Transfer chops to a cutting board and tent with foil to keep warm.
3. Wipe skillet clean, return to heat and add remaining one tablespoon olive oil. Add chard to skillet in batches, allowing for it to wilt slightly before adding more. Cook until wilted and tender, about 5 minutes. Season to taste with salt and pepper. To serve, divide chard and chops among plates and garnish with plums and balsamic glaze.


CARLO MENDOZA

Above: Pork chops with balsamic plums and swiss chard.
Right: Cookie dough truffles.


CARLO MENDOZA

Cookie Dough Truffles

Recipe developed by Stefany Squires

MAKES 20-24 TRUFFLES
PREP TIME: 20 MINUTES
COOKING TIME: 0 MINUTES

INGREDIENTS:
- 1/2 cup unsalted butter
- 3/4 cup brown sugar
- 2 cup all-purpose flour
- 1 can (14 oz) sweetened condensed milk
- 1 tsp vanilla extract
- 1/2 cup miniature semi-sweet chocolate chips
- 1/2 cup chopped nuts (stefany recommends almonds)
- 1-1/2 pound semi-sweet chocolate

METHOD:

1. In a mixing bowl, cream softened butter with brown sugar until light and fluffy.
2. Add all-purpose flour, sweetened condensed milk and vanilla extract. Mix well.
3. Stir in miniature semi-sweet chocolate chips and chopped nuts.
4. Shape dough into 1-inch balls and place them on parchment paper. Cover and refrigerate for approximately one hour.
5. Melt semi-sweet chocolate in the microwave for coating truffles. Dip balls in chocolate and place on parchment paper. Refrigerate until firm, about 10-15 minutes.

20 minute SUPPER CLUB



Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Schools tackle H1N1

ANDREA WOO
for Metro Canada

As H1N1 counterattacks are well underway in hospitals and doctors' offices across the country, colleges and universities are also stepping up their efforts to ensure the safety of students.

At the University of Victoria, where several cases of H1N1 were diagnosed among students and staff during the summer and early fall, an advisory planning group has met weekly since July to manage response and develop preventative measures.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously," said Patty Pitts, UVic's manager of media relations.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously." Patty Pitts, University of Victoria

Food services is also developing a "grab and go" meal service, so sick students can avoid infecting others by not eating in the communal dining room. Also, fridges stocked with nutrition packs, soup, juice and Jello have been installed in various residence locations.

Pitts says the university has also established "self-contained rooms" where students who need to be separate from their residence communities can be housed; however, they have not yet had to use them.

For the fall 2009 semester, doctors' notes are not required for absences of less than two weeks.

Similarly, the University of Calgary has launched an information campaign to let students know how to stay healthy through basic hand-washing and other preventative measures.

"It also makes sure that students and staff are aware of all the health services available on campus and in the larger Calgary community if they are sick," said Grady Semmens, associate director of media relations.

As well, it has set up hand-sanitizer stations in high-volume areas, stockpiled protective gear such as gloves and masks in its residences and is in discussion with Alberta Health Services about the possibility of providing H1N1 vaccinations on campus.

It has also relaxed regulations requiring students to provide a doctor's note if they have missed more than five days of school due to flu illnesses.

At York University, the institute's Pandemic Planning Committee has installed hand-sanitizer stations in high-traffic areas and posted hand-washing posters in all washrooms and cafeterias.

Students sick with flu-like symptoms are asked to stay home and arrange a deferred standing agreement upon their return.



Students sick with flu-like symptoms are asked to stay home.

Alex Bilyk, York's director of media relations, said there are no significant of H1N1 cases to report.

Dal student busting myths

RICHARD WOODBURY
for Metro Canada

A lot of myths exist about Canada's health-care system. Since 2000, an annual contest put on by the Canadian Health Services Research Foundation has served to dispel them.

One of those myths is that emergency room overcrowding is caused by non-urgent cases. Not so, says André Maddison, a co-winner of the 2009 contest.

"If we somehow divert non-urgent patients from the ER, it's not going to solve ER overcrowding," he says. "We're not going to have 15-minute wait times."

ER overcrowding is caused by a larger set of issues, such as a lack of available beds in ERs and a lack of alternative care settings, says Maddison, who is a second-year master's in community health and epidemiology student at Dalhousie University in Halifax.

The 25-year-old received a $1,500 prize for the contest and a paid trip to Calgary where he was presented with the prize.

"When you look at the proportion of patients who are there for non-urgent reasons, it is actually quite high," he says, pegging the number at 20 to 25 per cent of patients. "There are a significant number of patients there with non-life threatening issues. But they don't take a lot of physician time or diagnostic services or nurse time. They are rarely admitted."

Non-urgent patients are admitted about 4 to 5 per cent of the time, he says.

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SMU student an All-Canadian


Canadian Interuniversity Sport named Christopher Morrison as one of the eight Academic All-Canadians last week.

JON TATTRIE
for Metro Halifax

Christopher Morrison demolished the jock versus brainiac distinction last week, as Canadian Interuniversity Sport named him one of the top eight Academic All-Canadians.

Morrison is an assistant captain for the Saint Mary's Huskies hockey team, who have won 40 of 56 games in his time and reached the AUS final twice, making the CIS University Cup tournament in 2008-09. The defenceman has also logged more ice time than anyone else on the team. In the classroom, the criminology student has posted a 4.05 cumulative GPA and won numerous scholarships.

When he needs a break from winning hockey games and acing exams, Morrison helps underprivileged kids play hockey with SMU Pals, promotes literacy at the library and spends his summers helping Meals on Wheels.

A humble Morrison said he was "surprised" by the award.

"It's a pretty big honour," he added. The Cambridge, Ont., native picked SMU because a friend highly recommended Halifax as a place to study.

He admits his busy schedule has come at a price: "The social aspect some times gets pushed to the back burner."

And bad news for the bad guys of Ontario: Morrison is planning on moving home to become a cop when he graduates next spring. Cambridge crooks had better hit the gym and the library to avoid being out-run and out-thought by Morrison.

Trevor Steinburg is Morrison's coach. He said the star player wasn't a highly sought recruit, but he earned his place on the ice.

"He's probably our most reliable defenceman," Steinburg said. "His work ethic is at its own level — pure strength, pure endurance."

He's in the gym daily and it's not unusual for Steinburg to find Morrison lifting weights at 8 a.m. on a Saturday. He compares him to SMU legend Dan Rudisuela, who played for the Huskies from 2004 to 2008.

"When you think of some of your biggest hits, he's got them. You think of some of your best defensive plays, he's got them," Steinburg says of Morrison's on-ice contribution. Off-ice, when the coach sends out an email looking for community volunteers, Morrison is the first to say yes.

"You know how some people have a day of that in their life? That's just how he lives his life," coach said. "(He's the kind of guy) you'd want your son to be."

Pain study targets fibromyalgia

RICHARD WOODBURY
for Metro Halifax

A study at Dalhousie University is looking at the effect practising a traditional Chinese meditative practice has on fibromyalgia sufferers.

"Our patients are learning how to do qigong and then we're asking them to practice qigong for 45 minutes to 60 minutes a day," says Dr. Mary Lynch, the director of research at the Pain Management Clinic at Dalhousie. "And we're going to measure their pain and how they manage with their fibromyalgia."

Qigong (pronounced chigong) involves using body movements and controlled breathing techniques.

"(Fibromyalgia) causes a tremendous amount of suffering and there are really no good treatments for fibromyalgia right now," says Lynch.

"We're always looking for new treatments that patients can do themselves that are not harmful," she says.

The pilot trial at Dalhousie was in 2007 and the results have since been published. Twelve of the 25 patients who continued practising qigong for six months after the trial had positive results.

"Their pain almost came down, their fibromyalgia impact questionnaire measures improved, and their physical health related quality of life improved," says Lynch.

Wanting to study it in more detail, the clinic has one trial on now and is looking to recruit another 100 people for a trial in the spring.

Another pain study at the university is looking at the impact art and creative pursuits have on chronic pain. Lynch hopes to have the results published by late summer 2010.

"The data has not been analyzed," says Lynch, "but I can tell you that my clinical impression, just from what my patients who are artists tell me, is that art and pain can interact in two ways."



Top award for NSCAD alum

JON TATTRIE
for Metro Halifax

Joan Bruneau didn't understand the power of pottery until a year backpacking around Europe lead her to the Greek island of Crete. She was awestruck by the 4,000-year-old Minoan crafts in the museum.

"The decoration on those pots is so dynamic. That really was exciting," she remembers. Bruneau eventually returned to Halifax to study at NSCAD. Last month, she won the 2009 Established Artist Recognition Award from the Nova Scotia Arts and Culture Alliance.

"It's an honour. I have worked really hard over the years developing my career as well as making a living from my work," says Bruneau.

After earning a NSCAD BFA ('88) and an MFA from the University of Minnesota ('93), she moved to Lunenburg, where she runs her shop, Nova Terra Cotta.

For Bruneau, the functionality of her work adds to it. "Use is a vehicle for communication. That's the beauty of it: You touch it, you handle it, you hold it. People make associations with the texture of the glaze — it's like a skin, or the surface of the stone, and it can trigger all kinds of sense memories."

Bruneau, who teaches part-time at NSCAD, uses the down time of winter to tackle more ambitious works and travel.

While she sometimes misses the stability a 9-to-5 job might bring, she looks to her 103-year-old aunt for inspiration. Elizabeth Williams graduated from NSCAD in 1928 and pursued an independent, artistic life. At 75, she bought a house in Cape Breton.

"Like me, she's single and self-supporting," she says.

Check out her work at joanbruneau.com.



Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Keeping fit in frightful weather

Start by assessing the decrease in your daily activity level

This winter, it's going to be a little more difficult than normal to justify a drop-off in our activity level.

Why? The Vancouver 2010 Winter Games, of course. We're going to be continually hearing about our top winter athletes, and well, if they can pursue their dreams day in and day out in the chilly mountain air, or on a rink for hours at a time, then it'll be harder to convince ourselves that flurries, early nightfall and a cold wind make it impossible for us to walk the dog.

The kind of exercise we get going about daily activities is sometimes referred to as "slice-of-life" activity, and it's usually the first thing to go when the weather gets frightful.

So instead of, say, walking to work as you would in warmer months, you'd hop on a bus; instead of taking your bike or transit to go shopping, you may be tempted to drive to the mall and fight for the parking spot nearest the entrance; and rather than run errands or stroll to the coffee shop with colleagues on your lunch break, you'll stay planted at your desk with a mug of instant soup.

All of that activity fall-off tends to happen gradually as the winter progresses, so that if your daily caloric intake stays the same, but your daily activities — however minor you think they are — diminish, the chances that your skinny jeans will still fit come February also diminish.

So before winter really sets in and you fall into a routine, take stock of your current slice-of-life activity each day, determine what you can reasonably keep up all winter (we're not advocating going for a stroll in skin-freezing temperatures) and what you think may fall by the wayside.

Then, figure out how you're going to make up for any drop in activity. Here are a few places to start:



WOJCIECH GAJDA

Sure, there are folks who can keep their outdoor exercise routine going through the winter months. But most of us would do well to start to think about winter fitness by assessing the decrease in our daily routine activities during the colder months, and have a plan to counteract it.

Be creative

- Alright, so everyone knows the tried-and-true suggestion to always take the stairs at your office or apartment building instead of the elevator. It happens to be a good suggestion, of course, since stair climbing is solid exercise and plenty of us travel up and down many floors in a day to begin with. In winter, the thing to do is try and extend the stair-climbing policy anywhere else in your day that it fits: You'll also find staircases at the doctor's office, when calling on clients and at the department store.
- If you find it's too cold to do your usual walk to work, and you're in a downtown core, see if you can be imaginative about changing your route — i.e. cut through a mall or office towers — so you can warm up intermittently.
- If you own a mat and have pals who do yoga or Pilates, arrange to get together at somebody's place a few times a week and practise.

Read more on page 25 »





Continued from page 24

Be consistent

• Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: Collectively, they add up. So don't even think about whether you're going to climb the stairs when you reach your apartment building after work. Once you've even begun the mental debate over doing or not doing, you're far more likely to go with not doing.

• Get colleagues in on it. Find a partner in crime, or when the usual gang is about to head out to the coffee shop, leave a minute or two early and tell them you'll meet them downstairs.

• Get a pedometer, and you'll have an easier time tracking how much you've walked in a day.

Be warm

• Time was that staying warm and dry all winter was almost totally incompatible with fashion, but that excuse has long gone. We all know how much wearing a hat can stave off cold, but not as many of us really appreciate how much having warm, dry feet can take the edge off winter and make us feel like walking an extra block or two.

Luckily, in the last couple of years we've seen a blossoming in the availability of good, solid, waterproof rubber boots — something Scandinavians are way ahead of us in appreciating.

Look for a good thick sole with high-traction treads. As for warmth, you can get rubber boots with pile lining or removable fleece linings.

Add insulated sole inserts (the kind with the shiny silver on one side) and the warmest wool socks you can find and far more likely to enjoy being outside.

• Some other options for enne, lacanadienne.ca, a footwear brand that's made for our country-women, so lined, waterproof boots are de rigeur. Finally, venture to Mountain Equipment Co-op, mec.ca, for serious winter boots that range up to warm-enough-for-Baffin-Island models.

• Be safe

Some days, slipping on the ice really is an impediment to anything resembling a walk. An inexpensive way to reduce that potential hazard is to get a pair of STABILicers from Lee Valley, leevalley.ca, which can slip over your boots and beef up your traction.



IVAN BONDARENKO

During winter, keep up daily activities such as walking the dog.



Enjoy winter



IVAN BONDARENKO

If you have trouble summoning up any enthusiasm for winter, try spending some time outside with those who love it: Kids and dogs are a likely bet. Take some nieces and nephews tobogganing, or tag along to the dog park with a friend.

OK, OK. We know. For some people, "enjoy" and "winter" have never gone together and probably never will. But here's some food for thought: Winter in a downtown core or dense suburbia, complete with dark gray slush, semi-frozen puddles and salt-caked roads is nobody's idea of enjoyable winter surroundings. You need to go where the environs are more inspiring. (No, not Barbados.) If you live near a large park or ravine trails, where snow has half a chance to accumulate and trees or hills obscure your usual view of the city, you're far more likely to enjoy a winter walk there.

• Try to hang out with creatures who tend to be enthusiastic about winter — kids and dogs are a great start. Make the effort to take nieces and nephews tobogganing or skating, or tag along to the park with a dog-owning friend.

• Try to find low-cost winter sports. If you don't want to buy a new pair of skates, find a sports exchange store to get a deal on a used pair, or find a rink that rents them. You can also look for places outside the city, such as conservation areas, that will rent snowshoes and cross-country skis. METRO NEWS SERVICES

"Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: They add up."

Après-ski: Beware the hot tub

CELIA MILNE
for Metro Canada



WINTER Ah! Nothing like a warm soak in a hot tub, especially when it's cold outside. But beware: The number of serious injuries attributed to hot tubs has risen dramatically in the last few decades.

A recent study by the Center for Injury Research and Policy in the U.S. reported that hot-tub-related injuries had increased by 160 per cent since 1990. The most common injuries are related to slips and falls; also occurring are drownings and near-drownings, as well as getting caught in the suction drain. Children may be at risk when unsupervised.

The Center recommends placing slip-resistant surfacing in and around the hot tub, limiting the time spent in the hot tub to 15 minutes, limiting the temperature to 40 C, keeping the hot tub covered and locked when not in use, and complying with suction and drain cover standards.



Beauty picks: **Cold-weather solutions**



La Roche-Posay Thermal Spring Water, $14 at Shoppers Drug Mart, can be applied morning and night as the last step of your hygiene routine. It makes skin more resistant to external stresses such as cold, wind and indoor heating



After an abusive relationship, it's smart to take things slowly

The J Spot
Josey Vogels
metronews.ca/thejspot



IDA MAE ASTUTE/ABC

Diane Sawyer, left, interviews singer Rihanna about her relationship with ex-boyfriend Chris Brown in New York.

Rihanna, the 21-year-old singer who opened up in televised interviews last week, says she has no interest in dating following her split from Chris Brown.

Rihanna and Brown had a highly publicized altercation in February, during which Brown choked and bit Rihanna and tried to push her from a car. Brown was sentenced to probation, community labour and domestic violence counselling after pleading guilty to felony assault.

I'm not sure how recent reports that Rihanna is dating R&B singer Travis London fit with her professed lack of interest in dating but, in principal, Rihanna's smart to take things slowly after what she went through with Brown.

Emotional and physical abuse in a relationship can do a major number on your self-confidence and make it really tough to trust anyone again when it comes to dating. It's hard not to think, in the back of your mind, that every guy has the same potential to be abusive.

In these circumstances, being extra cautious is healthy and normal. It's important to take time to heal emotionally and also examine yourself and your relationship patterns and how you found yourself with someone who treats you so badly.

And before getting seriously involved with someone new, there are things one can do to avoid the same kind of relationship.

Observe friends' relationships you think are healthy. Talk to them about why it works. Compare notes with your last relationship.

Think about why you put up with abusive behaviour. Abuse can often become a pattern with women who don't believe they deserve better for whatever reason — perhaps they were abused or simply didn't get the attention they needed as kids.

If you're taught that love comes from people who hit you or make you feel bad about yourself, you'll probably look for love from those kinds of people.

Spend some time looking at the type of guy you want to get involved with. Look for qualities in your dates that will achieve the kind of healthy relationship you deserve — kindness, graciousness, and a genuine interest in you and your life.

If you decide to start dating again, make sure it's for the right reasons, not just because you think you should but because you honestly feel ready.

But you also have to be careful not to stay out of the game too long. I know someone who was in an abusive relationship and refuses to get involved with anyone because she says she's not ready.

It's now been more than 10 years. There's waiting and there is avoiding — be honest with yourself about which category you fall into.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Moore beauty products
Demi Moore is launching her own beauty range. The 46-year-old actress is currently in negotiations to work with Helena Rubenstein on her own line of products, but refused to give any details on the venture. FEMALEFIRST.CO.UK

Entertainment



Wife swap
Gwyneth Paltrow is to play Nicole Kidman's wife. The actress is replacing Charlize Theron in The Danish Girl, an adaptation of a novel about the first post-operative transsexual starring Kidman. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Dolly hard as nails

Country singer brings live concert experience to DVD

GRAHAM ROCKINGHAM
for Metro Canada

The first things you notice about Dolly Parton — besides her more obvious attributes — are the length of her scarlett finger nails. They're scary, almost Wolverine-like weapons.

They're so long, as a matter of fact, that she can strum them together and use them as percussion instruments. On her new DVD/CD, Live From London, Parton says she did exactly that to make the typewriter sounds on her hit song 9 to 5.

Parton even offers a demonstration. Ratatatat, ratatatata.

The DVD, released today in Canada on the Sonic Unyon Records label, is mostly concert footage culled from two sold-out nights at London's 02 arena during her European tour last year. But it also offers some revealing behind the scenes interviews with Parton, including the time where she shows off her tap-dancing fingernails.

"I don't have to (use a guitar pick) with these nails. They're hard as nails, so actually it works out pretty good." Dolly Parton

"You have to have acrylic nails, falsies I say," Parton laughs in a phone interview from her Nashville office. "And I'm really the queen of falsies ... when I was little I was always doing it, playing my nails like that, making that sound. But it's the acrylic coated nails that gives it that sound. It makes a real good rhythmic sound, don't it?"

Yet you've got to wonder how she can possibly play guitar with those claws?

"I don't have to (use a guitar pick) with these nails," she says. "They're hard as nails, so actually it works out pretty good."

A set of nails usually lasts her through an entire tour. Sometimes accidents do happen, however, so Parton comes prepared.

"I keep crazy glue on the set. You know, the superglue? I always keep it with my water and my kleenex. I always keep kleenex, a bottle of water and a tube of crazy glue, because I may have to glue back on a nail."

Parton is 63, but the DVD shows her still in prime shape. She hasn't lost any of the energy that has made her one of country music's biggest stars.

"I have to watch my weight because I'm so little and I have such a big appetite," Parton admits. "I have been much heavier in my life. But when we were on that tour we had the greatest chef that travelled around with us to all the places that we went. Man, it was really hard. So I had to stay on a low carb diet so I could eat more, lots of chicken, meat, fish, cheeses, eggs and stuff. That way I try to maintain it.

And does Parton work out in a gym?

"No, I'm not one of those people," she says. "I'm particular about who I sweat with."

The Book Lady

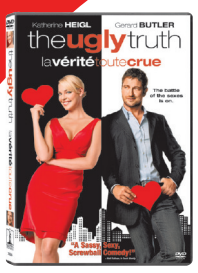
- Book Lady, a half-hour documentary about country music legend and pop-culture icon Dolly Parton's campaign for children's literacy, will have its first Canadian broadcast on Sunday, Nov. 22, on the CBC program Canadian Reflections.
- Visit metronews.ca/entertainment for a trailer of the documentary Book Lady.

METRO NEWS SERVICES



Dolly Parton's new DVD/CD, Live From London, is out today.

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metro



Simpson's got Hart

Ashlee Simpson isn't taking her dismissal from Melrose Place lying down. According to reports taking on the role of Roxy Hart in the Broadway production of Chicago, according to Gossip Cop. METRO WORLD NEWS

Taylor-made year

Can teen win country music's top award?

Kenny Chesney has made the very hard work of dominating country music look easy.

And Taylor Swift is paying close attention.

The 19-year-old sensation has the record sales. She beat out every living artist — no matter the genre — this year with more than 3 million copies of her Fearless CD sold and counting (only Michael Jackson has sold more). The album remains No. 3 after 51 weeks on the charts.

And she's moving concert tickets as fast as they can print them.

That might be enough to sway the more than 5,000 members of the Country Music Association, who decide who gets the trophy for entertainer of the year, the CMA's highest honour, at the CMA Awards tomorrow night (the broadcast will air live on ABC).

She's the youngest ever nominated for the award and the first solo female act since Faith Hill in 2000, and she's faced a lot of questions about whether either is a limiting factor.

"It's so wonderful when people come up to me and say that I have a shot at winning. ... But my parents raised me to have the mindset that the world doesn't owe me anything."
Taylor Swift

"I think you have to do the work and put in the effort and do the touring that it takes to win entertainer of the year," she said in an interview with The Associated Press. "And I don't really think it has anything to do with gender. I think if you want to compete with the boys, play on a level that they're playing at."

And the guys in this category are playing at the highest.

Using a combination of unparalleled album and ticket sales, Chesney has dominated the CMA Awards' most prestigious category with three straight wins and four of the last five. A fifth win would move him past Garth Brooks for most in the 43 years of the awards. This is the eighth straight year he's sold more than a million concert tickets, and fans are drawn to his brand of Caribbean cool like no other.

Brad Paisley leads all nominees with seven and is entering his second year as co-host with Carrie Underwood. His album American Saturday Night debuted at No. 2 on the album charts when it was released earlier this year and he's had 11 straight No. 1 singles on the country charts.

Keith Urban's supercharged live show has made him one of country's most bankable stars and his album Defying Gravity hit No. 1 on the Billboard 200. He's the only artist to interrupt Chesney's recent domination in the category, winning in 2005.

And then there's George Strait, a two-time winner in the category and CMA's career leader in nominations (79, with Alan Jackson) and wins (22).

But 2009 might be Swift's year — and she could soon be in the company of icons like Loretta Lynn, Dolly Parton and Reba McEntire, three of the six other female acts to win entertainer of the year.

But tell that to Swift, and she modestly dismisses the idea: "Don't fill my head with that. It's so wonderful when people come up to me and say that I have a shot at winning. It actually is really, really a wonderful thing when people do that," she said. "But my parents raised me to have the mindset that the world doesn't owe me anything and you can't feel entitled to winning, you can't feel entitled to success."

THE ASSOCIATED PRESS



GETTY IMAGES

Nineteen-year-old Taylor Swift, whose album Fearless is till No. 3 on charts after 51 weeks, is the youngest ever artist to be nominated for Country Music Awards' Entertainer of the Year honour.



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DVD picks

Up

Director: Pete Docter



ONE OF THE EMOTIONAL movies yet from Disney/Pixar upholds the studio's sterling reputation with a romantic and quixotic adventure about a grumpy septuagenarian determined to fulfill a promise made to his late wife.

Directed by Monsters, Inc. helmer Pete Docter (with co-direction and co-writing by Bob Peterson), Up follows the quest of Carl Fredericksen (Ed Asner), a 78-year-old balloon salesman with a head like a lantern but an attitude like a spent match.

Carl recently lost his wife Ellie, the love of his life, whom he had promised to one day take on safari mysterious Paradise Falls in the jungles of South America.

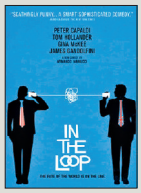
Life interfered, but fate, ingenuity and a nod to The Wizard of Oz get the dream aloft once more, sending Carl and eight-year-old stowaway Russell (Jordan Nagai) on a wild ride.

Up is a story of human bonds remembered and new ones forged, and never for one moment does it seems insincere or contrived.

Extras abound, including a commentary by Docter and Peterson, making-of featurettes and the short films Dug's Special Mission and Partly Cloudy.

In The Loop

Director: Armando Iannucci



"WE, THE PEOPLE," becomes "We, the political weasels" in the backrooms of power in Washington and London, in this relentlessly savage but often very funny political satire by Armando Iannucci, a Scotsman with an Italian name who is known as a comedian and broadcaster over in Blighty.

Based in large part on Iannucci's BBC series The Thick of It, it proceeds from the popular notion, born of bitter experience, that any politician or civil servant will always choose to do the sneaky thing rather than the right thing.

Despite the efforts of PR manager Judy (Gina McKee) and greenhorn political adviser Toby (Chris Addison), bumbling Brit cabinet minister Simon Foster (Tom Hollander) continues to put his foot in his mouth over an impending Middle East war led by Britain and the U.S.

It makes for a woozy trip across the Atlantic and it could really bum you out, even as it makes you roar with laughter. Will Obama's "change you can believe in" end this way, too?

Extras include interviews and commentary by Iannucci, Hollander, Capaldi, Addison and McKee, plus deleted scenes and making-of features.

Peter Howell/for Metro Canada

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9 Elise Estrada - One Last Time
8 Chris Brown Ft Lil Wayne - I Can Transform Ya
7 Lady Gaga - Bad Romance
6 Belly FT Snoop - Hot Girl
5 Jason Derulo - Whatcha Say
4 Britney Spears - 3
3 IYAZ - Replay
2 Ke$ha - Tik Tok
1 David Guetta Ft Akon - Sexy Chick

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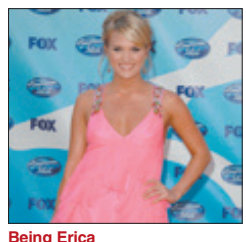


kidcraig@1013thebounce.com
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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/10/09 primetime	31	31	31 ABC	News Center 5	ABC Wld News	Inside Edition	Chronicle	V (HDTV) (N)		Dancing With the Stars		In the Spotlight
	7	7	7 ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				Vamp. Diaries
	11	11	11 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (DVS)		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	La force	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Aveux (HDTV) (N) (SC)		Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel-Fortune	Jeopardy! (N)	NCIS "Endgame" (N)		NCIS: Los Angeles (N)		The Good Wife
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	The Good Wife (N)		NCIS "Endgame" (N)		NCIS: Los Angeles (N)		News Final (N)
	9	9	9 CJCH	etalk	Hollywood	Law & Order: SVU		V (HDTV) (N)		Dancing With the Stars		CTV News
	10	10	10 ELTV	(6) EastLink Television				Podium TV		Community Matters		
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	So You Think You Can Dance (HDTV) (N)				Fox First
	12	12	12 NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser (N)				Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		fifth estate
	4	4	4 PBS-B	NewsHour With Jim Lehrer		Greater Boston	La Plaza-Maria	Nova (N) (DVS)		Frontline (HDTV) (DVS)		Frontline
	35	35	35 PBS-D	NewsHour With Jim Lehrer		Business Rpt.	Worldfocus	Nova (N) (DVS)		Colour of War: Adolf Hitler		Frontline
	68	68	68 TQS	Guerre clans	Wipe Out	Bienvenue	Rire et délire	Les Anges millionnaires		Pratique privée (N) (SC)		Wipe Out
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		After Hours	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	Top 10	Spirit of Golf	Inside PGA	Golf Videos	Top 10	Top 10 (N)	Top 10 (HDTV)	Big Break
	52	52	52 RSE	Connected W-Prime Time		Overtime	NHL Hockey Edmonton Oilers at Ottawa Senators. (HDTV) (Live)					Sportsnet Con.
	55	55	55 SCOR	After Wrestling	Covers Experts	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.				
	45	45	45 SPD	Unique Whips		Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!
	53	53	53 TSN	Off the Record	SportsCentre	NHL Hockey Pittsburgh Penguins at Boston Bruins. (HDTV) (Live)					SportsCentre	
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26 TREE	Wonder Pets	3rd & Bird	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27 YTV	iCarly	iCarly	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
cable variety	16	16	16 A&E	The First 48		Criminal Minds (HDTV)		The First 48		Parking Wars	Parking Wars	Parking Wars
	70	70	70 APTN	APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides
	50	50	50 BET	106 & Park: BET's Top 10 Live				*Beauty Shop* ★★ (2005, Comedy) Queen Latifah.				Monica: Still
	37	37	37 BRVO	Wind at My Back		Making of a	World of M.G. Vassanji		Arts & Minds	The Scotiabank Giller Prize		Bravo! Concert
	25	25	25 CMT	Star Crossed	Project Mom	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	153	153	153 COURT	Killer Next Door		The Investigators		Cops Uncut	Dumb Criminal	Killer Forensics		Investigators
	38	38	38 DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp (N)
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters
	46	46	46 HIST	Battlefield Mysteries		Battlefield Mysteries		Convoy: War of the Atlantic		Massacre at Verrieres Ridge		Battlefield
	17	17	17 MM	disBand (N)	Love Court	One Tree Hill		Love Court	Video on Trial	Degrassi: TNG	Degrassi: TNG	MuchNews
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	H.S. Reunion
	201	201	201 M1	(6:45) *Walk Hard: The Dewey Cox Story*			(8:25) *The Building* (2009, Drama)			*Paul Blart: Mall Cop* ★★ (2009, Comedy)		
	48	23	23 OLN	Mantracker		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	51	51	51 PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Without-Paddle*
	206	206	206 PIX	*Resident Evil: Apocalypse*		(8:15) *Premonition* ★ (1999, Suspense), Adrian Paul				*Caddyshack* ★★ (1980, Comedy)		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	The Outer Limits		*On the Other Hand, Death: A Donald Strachey Mystery*				Bones
	40	40	40 SLICE	Skin Deep	Skin Deep	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "New Terrain"		Fringe
	14	14	14 SPIKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		UFC Unleashed		Unleashed
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21 TLC	Say Yes-Dress	Say Yes-Dress	Jon & Kate Plus 8		Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple
	56	34	34 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy
	20	20	20 TV5	Que.-champion	Journal de Fr2	SOS vétos		Pékin express				Avenirs
	28	28	28 V	Mysterious Ways		Murder, She Wrote		Hallelujah!	Dinnerladies	Quantum Leap		Great Souls
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case		Missing A judge is blackmailed.		The Closer "Batter Up"		Cold Case
	22	22	22 W	House-Sell	Confidential	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury	Good Naked
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "Ocean"		WGN News

critics'corner

In the Spotlight With Robin Roberts: Bright Lights. Big Stars. All Access Nashville
On the eve of the CMA Awards, "Good Morning America" anchor Roberts goes home with several country music stars, including Carrie Underwood, whose trip back to her Oklahoma hometown includes a surprise for the students at her old high school. Also on the itinerary are a visit to Tim McGraw's private retreat, a family farm outside Nashville, and the Music City home of Martina McBride. 11:01 PM on ABC



Being Erica
Erica (Erin Karpluk) really needs to learn how to say no. She's being weighed down by the burden of everyone else's problems and yearns to escape into the past and get away from it all. It turns out, however, that Dr. Tom (Michael Riley) has other plans. 9 PM on CBC

NCIS: Los Angeles
Who shot Callen (Chris O'Donnell)? The team gets a lead from a surprising source in this new episode. The murder of a Russian woman leads Hanna (LL Cool J) and company to evidence that answers not only who tried to take Callen's life six months earlier, but why. Linda Hunt, Peter Cambor, Daniela Ruah and Adam Jamal Craig also star in "Pushback." 10 PM on CBS



Practice makes perfect

The Practice's Marla Sokoloff married Alec Puro, a drummer with the band Deadsy, at an evening ceremony in Beverly Hills on Sunday, people.com reports. "Marla seemed so excited. She and the girls were overheard laughing in the limo," says a witness. METRO NEWS SERVICES

Celebrity Buzz

John opens up on Jett

PROMOTING A MOVIE In his first interview since son Jett's tragic death last January, Scientologist John Travolta says he and his family are relying on almost daily religious counseling sessions to help them cope.

Since the 16-year-old boy died following a seizure, "We've been working very hard every day as a family to heal," Travolta said during a round-table interview with the cast of his latest film, Old Dogs, which also stars wife Kelly Preston and daughter, Ella, 9. "We have our own way of doing it, and it has been helping."

Travolta, 45, said he has been overwhelmed by all the support.

"You need your friends a lot in times like that," he said.

Travolta and Preston declined to comment on an extortion case involving a former Bahamian senator and a paramedic who are accused of demanding $25 million from the family with information about Jett's death. In his extortion trial testimony, Travolta admitted for the first time that his son Jett had autism. He is believed to have kept his son's condition a secret because of the way Scientologists view illness.

A mistrial was declared this past October. A retrial has been ordered

METRO NEWS SERVICES



Kristen keeps the press fiending over Pattinson

HE'S NOT A REAL VAMPIRE Kristen Stewart admits she has no plans for putting speculation about her relationship with Robert Pattinson to rest, claiming that all the attention puts her off.

"I probably would've answered (the romance question) if people hadn't made such a big deal about it," she told Entertainment Weekly yesterday. "But I'm not going to give the fiending an answer. There's no answer that's not going to tip you one way or the other. Think about every hypothetical situation: 'OK, we are. We aren't. I'm a lesbian.'

METRO NEWS SERVICES



Celebrity tweets

Ellen DeGeneres is can't find her stuff and is suffering for it, Rania Al Abdullah knows how to fix everything, Cesar Millan is considering a second career as the Child Whisperer, and John Mayer isn't fazed by the Britney Spears lip-synching controversy.

@TheEllenShow
I still can't find my purse. My lips are starting to get chapped.

@QueenRania
Stop Ignoring the Girls! Start making them count!

@cesarmillan
Does calm-assertive pack leadership work with children as well as dogs?

@johncmayer
If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you.

METRO NEWS SERVICES



Beckham set to launch modeling agency

DAVID WHO? Victoria Beckham has her sights set on another line of work.

The former Spice Girl is reportedly planning on launching a modeling agency alongside British manager Simon Fuller, according to the Daily Mail.

"Simon knows that Victoria is very savvy when it comes to fashion," a source says.

"His first foray into fashion was to team up designer Roland Mouret and Victoria, which was a huge success. Victoria is a key asset to Simon and he wants her to take on a major role."

Fuller, a multi-millionaire owns 19 Management, along with a 51 per cent stake in Storm Models — and is reportedly planning a similar venture stateside. The agency is expected to be based out of New York.

METRO WORLD SERVICES



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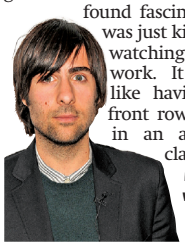
Schwartzman has eyes for George Clooney

IT'S NOT LIKE THAT Jason Schwartzman couldn't take his eyes off George Clooney while filming Fantastic Mr. Fox, femalefirst.co.uk reports.

The Rushmore actor said working with Clooney on the animated film was a bizarre and amazing experience.

"Typically when you're working with someone it's not kosher to just kind of gaze at them," Schwartzman said. "I admit I might have actually been staring. Obviously, he's a handsome gentleman, but what I found fascinating was just kind of watching him work. It was like having a front row seat in an acting class."

METRO WORLD NEWS



Mayer mocks Britney Spears' fans

TOO BAD, SO SAD John Mayer has wandered into the controversy plaguing Britney Spears in Australia, where critics in the media have blasted her for lip-synching on her Circus tour, people.com reports.

On the weekend, Mayer, Tweeted the following: "If you're shocked that Britney was lip-synching at her concert and want your money back, life may continue to be hard for you."

Why all the fuss?

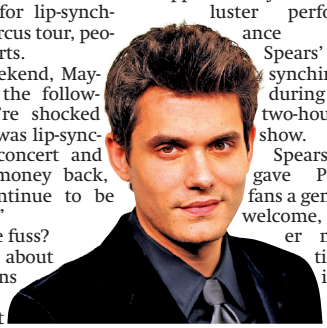
On Friday, about 100 angry fans reportedly stormed out of Britney's concert at the Burswood Dome in the Western Australia city of Perth, saying they were disappointed by the lackluster performance and Spears' lip-synching during her two-hour show.

Spears gave Perth fans a generic welcome, never mentioning their city by name. One disgruntled concert-goer, Wendy Di Renzo, 36, said she paid $148 for her ticket. "It was so impersonal. She did not interact with her audience," she says.

"There were no big TV screens projecting the action, so if you didn't know Britney, you might have even doubted it was her."

Meanwhile, politicians in three Australian states — Western Australia, Victoria and New South Wales — have called for new laws to force music promoters to disclose if a concert will be live or lip-synched.

METRO NEWS SERVICES



Dad selling tapes of phone calls with Lindsay

HE'S UP FOR FATHER OF THE YEAR AGAIN Michael Lohan has apparently been so keen on sharing information on daughter Lindsay Lohan that he was looking to sell tapes of phone calls between them as well as her mother, Dina Lohan, according to Page Six.

"Michael initially asked for a large fee — six figures — for the tapes of Lindsay and Dina, but he didn't get any takers," a source says.

METRO WORLD NEWS

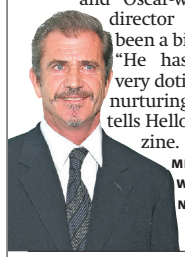


Gibson great at being dad: Oksana

IT IS HIS EIGHTH Given that this is his eighth child, it's no surprise that Mel Gibson knows his way around a baby.

Girlfriend Oksana Grigorieva says that the actor and Oscar-winning director has been a big help. "He has been very doting and nurturing," she tells Hello magazine.

METRO WORLD NEWS



Rihanna rejects a NY Jets' end run

SHE DOESN'T DRINK THE CHEAP STUFF New York Jets star Braylon Edwards got quite the harsh rejection from Rihanna at a club in Hollywood recently.

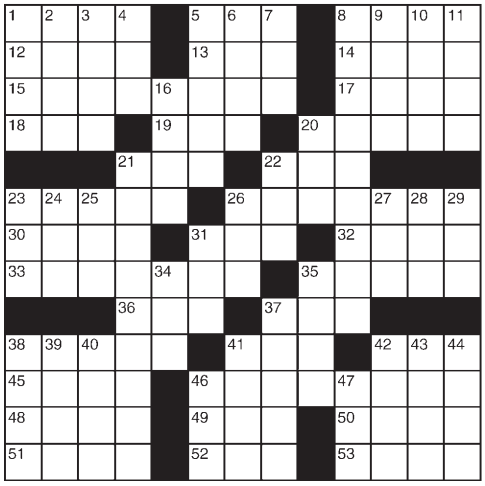
Edwards sent a $10,000 bottle of champagne over to the singer's table at the Bank at Wonderland nightclub, but Rihanna quickly sent it back. METRO WORLD NEWS



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Today Partly sunny 13° / 3°
Wednesday Variable 8° / 1°
Thursday Sunny 8° / 2°
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Take Five



ACROSS

1 The third man
5 Sling contents
8 Commanded
12 Mrs. Dithers, in "Blondie"
13 Cattle call
14 Neighborhood
15 "I've Been Everywhere" singer
17 Penpoints
18 Before
19 That guy
20 Take to the rink
21 Bill's partner
22 Autumn mo.
23 Accustom
26 Virginia crop
30 Couch
31 Mandible
32 "Once — a time, ..."
33 Having tines
35 Dish
36 "Krazy —"
37 Collection
38 Spingarn Medal org.
41 See 29-Down
42 Sch. grp.
45 Earthen pot
46 Bread-and-butter note's message
48 Beavers' structures
49 Pick a target
50 Press
51 Being, to Brutus
52 Recipe meas.
53 Fender flaw

DOWN

1 Be sore
2 Sow's mister
3 Sea eagle
4 "Mighty — a Rose"
5 Task for an ob/gyn
6 Leeway
7 Do some yard-work
8 Safe place for lots of money
9 Operatic solo
10 Credit card aftermath
11 Relaxation
16 Old woman's home?
20 Weep loudly
21 Shaft's housing
22 Present
23 Kreskin's claim
24 "— iron bars a cage"
25 Venusian vessel?
26 Slight amount
27 Bookkeeper (Abbr.)
28 Barracks bed
29 With 41-Across, boxing ploy
31 Lustrous black
34 Space
35 Laborer
37 Morass
38 Protuberance
39 "Woe is me!"
40 Charitable donation
41 Anything but that
42 Combustible heap
43 Roger Rabbit, e.g.
44 Family member
46 Make lace
47 Tease

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4			5		
8		7		1			3	
5			2			7		
		1		4	5			7
	3						1	
6			3	9		8		
		4			6			2
	6			3		1		5
		9			8			

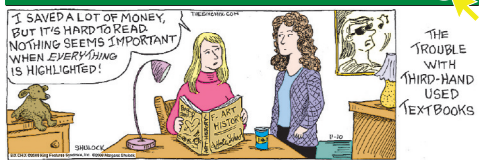
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	4	6	3	2	8	5	1	9
9	1	2	6	5	7	4	3	8
8	5	3	1	4	9	2	7	6
5	8	4	2	1	3	9	6	7
2	9	7	5	8	6	1	4	3
3	6	1	9	7	4	8	2	5
6	2	9	4	3	5	7	8	1
4	7	5	8	6	1	3	9	2
1	3	8	7	9	2	6	5	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Thyme Chicken with Roots

INGREDIENTS:

2 lbs (1 kg) floury potatoes, peeled and cut into large chunks
4 baby parsnips, peeled and quartered lengthwise
4 carrots, peeled and cut in half lengthwise
1 red onion, quartered
4 tbsp (60 ml) olive oil
1 tbsp (15 ml) clear honey
1 orange, quartered
4 chicken breast fillets, with skin
A few sprigs of fresh thyme or rosemary, or 2/3 tsp (2 ml) dried

METHOD:

1. Preheat oven to 375°F (190°C). Parboil potatoes 5 minutes, then drain. Return potatoes to pot, cover and shake vigorously to roughen edges.
2. Lay potatoes, parsnips, carrots and onion in large roasting pan. In small bowl, mix oil, honey and squeezed juice from orange quarters. Drizzle over vegetables and toss to coat evenly. Slash skin on chicken fillets with sharp knife, then place among vegetables with squeezed orange quarters. Season and poke in herb sprigs, or sprinkle with dried herbs.
3. Roast chicken and vegetables in oven, turning vegetables over from time to time, 1 hour or until chicken is golden and cooked through and all vegetables are tender.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You have always been a free spirit and today, more than most days, you will be a lot less inclined to take orders from people you do not respect.

TAURUS ♉
APRIL 21-MAY 21
This is a great day for getting things done. With the Sun aspecting Jupiter, planet of expansion, there is nothing you cannot do.

GEMINI ♊
MAY 22-JUNE 21
Confusion could easily turn to anger today if someone tries to give you the runaround and get you to change things you had already agreed on.

CANCER ♋
JUNE 22-JULY 22
Anyone who thinks you are indecisive will be forced to think again today as you take brave decisions left, right and centre.

LEO ♌
JULY 23-AUG 23
With the Sun squaring up to Jupiter today you may think there is nothing you cannot do, and you may be right, but don't bite off too much in one go.

VIRGO ♍
AUG 24-SEPT 22
Don't let anyone come between you and your goals. You have absolute faith in your own abilities.

LIBRA ♎
SEPT 23-OCT 23
If you have something to say, something you suspect won't go down well, it might be wise to hold back until later in the week.

SCORPIO ♏
OCT 24-NOV 22
You have several interesting social invitations to choose from today but one stands out above the rest.

SAGITTARIUS ♐
NOV 23-DEC 21
Act quickly and decisively today and you will resolve a problem that has been around for too long.

CAPRICORN ♑
DEC 22-JAN 20
You may want to be friends with everyone but according to the planets you will have to get tough today with someone who has let you down.

AQUARIUS ♒
JAN 21-FEB 18
Something out of the ordinary will happen today, something that takes you by surprise and compels you to rethink your plans.

PISCES ♓
FEB 19-MARCH 20
It might be wise to steer clear of topics that are contentious today. Someone in your social or professional circle is itching for an excuse to start a fight.

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This day in history

1871: Henry Morton Stanley locates missing explorer and missionary, Dr. David Livingstone in Ujiji, near Lake Tanganyika, allegedly greeting him with the words, "Dr. Livingstone, I presume?"
1954: U.S. President Dwight D. Eisenhower dedicates the USMC War Memorial (Iwo Jima memorial) in Arlington National Cemetery.
1958: The Hope Diamond is donated to the Smithsonian Institution by New York diamond merchant Harry Winston.
1975: The 729-foot-long freighter SS Edmund Fitzgerald sinks during a storm on Lake Superior, killing all 29 crew on board.

METRO NEWS SERVICES

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Book by Nov. 13
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Occidental Grand Punta Cana • 4★
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Mar. 27 • 1 wk.
$1229
+Taxes & other fees (including service charges): $296

Turks & Caicos via Ottawa
Ocean Club Resort • 3 1/2★
Studio suite
Dec. 21 • 1 wk.
$1499
+Taxes & other fees (including service charges): $225

Orlando via Toronto
Disney's Pop Century Resort • 3★
Special offer 3 – Standard rm.
and 7-day Magic your way base ticket
Jan. 11 & 12 • 1 wk.
$899
+Taxes & other fees (including service charges): $140

Cayo Coco / Cayo Guillermo
NH Krystal Laguna Villas & Resort • 4★
All-Inclusive • Club Laguna rm.
Feb. 13, 20 & Mar. 6 • 1 wk.
$1029
+Taxes & other fees (including service charges): $213

Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Feb. 8 & 22 • 1 wk.
PRIVILEGES
$1599
+Taxes & other fees (including service charges): $267

Puerto Plata
Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Feb. 24 & Mar. 3 • 1 wk.
$999
+Taxes & other fees (including service charges): $296

Holguin
Sirenis Gran Playa Turquesa • 4★
All-Inclusive • Superior rm.
Feb. 13, 20, Mar. 6 & 20 • 1 wk.
$1139
+Taxes & other fees (including service charges): $213

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Feb. 8 & 22 • 1 wk.
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